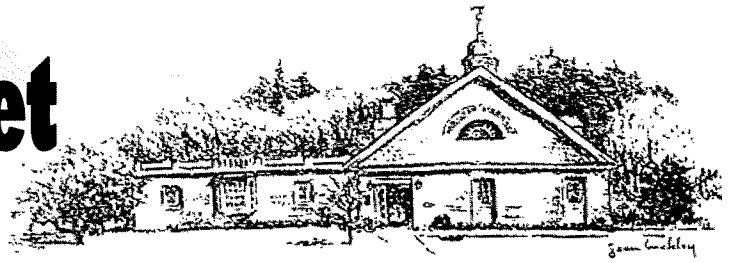


# The Hamilton Hamlet

Monthly Newsletter of Town of Hamilton Council on Aging

299 Bay Road Hamilton, MA 01982

Phone: 978-468-5595



"The mission of the Town of Hamilton Council on Aging is to create a friendly and safe community for seniors by providing social services, transportation, education, health, recreation and leisure-time activities and resources that support their well-being and independence, and to assist seniors by advocating for supportive services which increase their ability to remain independent."

## Hamilton Senior Center

Town Manager  
Joe Domelowicz

## Center Staff

Director

Theresa Woodbury

## Outreach Coordinator

Tim Morris

## Council on Aging Board

Sherry Leonard, *Chairman*

Penny Wingate, *Secretary*

Nancy Longval

Linda Spang

MJ Brown

Catherine Minnetyan

Adam Strozier

## Senior Van Service

Cape Ann Transportation

## DONATIONS TO THE COA

Please consider making a tax deductible \* donation in memory of, or in honor of, a loved one. Or, if you prefer, you can support a service provided by the Hamilton Council on Aging. Donations may be mailed to the Hamilton Council on Aging, 299 Bay Road, Hamilton, MA 01982. Please contact the Director at 978-468-5595 for further information \*Please check with your tax expert to determine if this donation is right for you.

# 100 Cups of Coffee



Happy March! By now I have 2 months under my belt and starting to look at programming here at the center. One of the first programs that I want to introduce is 100 Cups of Coffee. My goal is to sit down and have a cup of coffee with 100 residents, family members, community members, students-to learn more about what their needs and wants are for the Senior Center.

I have found that connecting seniors and those who are caring for them with services that are available to them has been a challenge, especially in the past two and a half years. So this is a great year to find out what you need.

Building networks is a key to success in any community. It helps us identify needs, develop relationships and gain new perspectives. I am excited to meet with all members of our community, municipal employees and local business owners. The more people I meet with the more people will know about the services that are offered at the Senior Center and the more ideas I will get about services to be offered at the Senior Center.

Theresa

## Subscribe by Email... you'll be glad you did!

Are you interested in receiving our newsletter via email? We are working to update our list and would love to start sending out some of them via email. If you would like to be added to the email list please let us know by emailing us at [twoodbury@hamiltonma.gov](mailto:twoodbury@hamiltonma.gov)

By receiving your newsletter via email you get it sooner, and help defray the cost of mailing it.

# Outreach Corner

Have you started thinking about how you will pay those winter heating bills? Perhaps you are eligible for one of the heating assistance programs described in this month's newsletter. The first one is the LIHEAP (Low Income Home Energy Program) administered through Action, Inc. in Gloucester and the other is The Salvation Army Good Neighbor Fund Program. Please review the

income eligibility guidelines to see if you or someone you know may qualify for this assistance.

Also, I just want to encourage everyone to consider attending the exciting programs and events being offered this month through the Hamilton COA.

Tim Morris

## FUEL ASSISTANCE PROGRAMS and ELIGIBILITY

There are two heating assistance programs available to income eligible households.

First, there is Action, Inc. in Gloucester, Massachusetts which administers the Federal LIHEAP (Low Income Home Energy Assistance Program). Please call Action, Inc. at 978-281-3900 for information to apply as well as through their online application portal. Action, Inc. also provides additional heating programs beyond paying for heating bills with their weatherization and burner replacement services.

The Salvation Army of Massachusetts is offering the Good Neighbor Fund Program to eligible households as well with up to \$500 in assistance on heating and certain utility bills. The income guidelines for both programs are shown below. If you feel you are eligible for The Salvation Army Good Neighbor Program, please contact Tim Morris, Social Service Coordinator at the Hamilton COA at 978-468-5595 to apply or ask for more information. Keep warm and active during these upcoming cold New England winters.

Action, Inc. LIHEAP  
Gross Annual Income maximum  
Limits

The Salvation Army Good Neighbor Fund  
Gross Annual Income Guidelines

Household size	Income	Household size	Income guidelines
1	\$40,951	1	\$40,952-\$54,601
2	\$53,551	2	\$53,552-\$71,401
3	\$66,151	3	\$66,152-\$88,201
4	\$78,751	4	\$78,752-\$105,001

## FROM THE TOWN CLERK:

- The 2022 Annual Census/Street List forms were mailed in early January (along with dog license renewal forms and the trash schedule). Please complete and return quickly even if there are no changes. We need to know who lives in town in order to recognize you as an eligible voter! Accurate information for each address in town can benefit you in the event of a public safety emergency.
- Annual Town Meeting is Saturday, April 2, 2022 at 9:00 a.m.
- Annual Town Election is Thursday, April 7, 2022 from 7:00 a.m. – 8:00 p.m.



Call the Town Clerk's Office at 978-468-5570 x 3 with any questions or visit the town website [www.hamiltonma.gov](http://www.hamiltonma.gov)



**T.O.P.S.**  
(Taking Off Pounds Sensibly)

Friday

TAKE OFF POUNDS  
SENSIBLY

at 8:45 to 10:00 am

Tops meets at the Hamilton Senior Center. Every Friday. The first visit is free. \$32 per year to join and very small dues. Let's lose weight and have good fellowship together. For more information call 978-468-7253.

The Greater Cape Ann Collaborative is offering vaccinations for COVID and boosters at the Hamilton Senior Center on Wednesdays from 3:30 - 6:30 pm. Please register online through [capeannclinic.com](http://capeannclinic.com). If you do not use a computer or need help call 211 for assistance.

# March Special Events

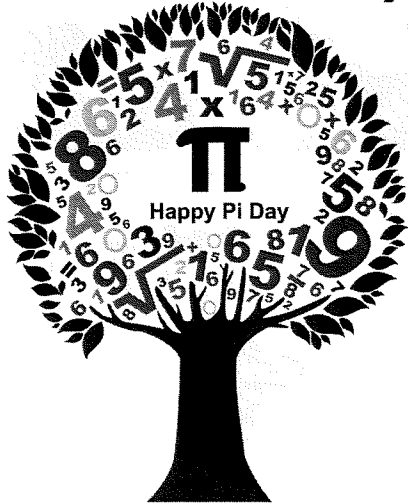
**Tuesday, March 15<sup>th</sup>**

**1:30-3:30 pm**



Join us and Tom O'Carroll, a Dublin born folklorist, folk-singer and instrumentalist. He brings a wealth of stories, humor, wit and history to his performances. We will start with some trivia, games and light refreshments (pending covid protocols). Please call (978-468-5595) to let us know you're coming.

## Celebrate Pi Day



Join us for a piece of the Pie to Celebrate Monday, March 14. We will be passing out slices of different pies that day to celebrate PI day. Stop by between **2:30pm-4:00pm** to pick up your pie and say hi to Tim and Theresa. We will also have information about the upcoming programs.

Please call 978-468-5595 to reserve your piece of pie.



Let's celebrate the March birthdays  
**Monday, March 21**  
**2:00 - 3:00 pm**  
Games, Prizes, Fun  
and, of course,  
**Birthday Cake !**

Even if you were not born in March, please come to have fun and celebrate those who were. Please call the COA at 978-468-5595 no later than Friday, March 18 to submit your reservation for this fun event.

## STAY TUNED...

We are planning several events for March but they are currently in the works. We are hoping that we are able to pull them together for you. Information will be available on our website,

Facebook and here at the Senior Center. Please call the Senior Center for more information.

- March is International Women's Month. We are hoping to hold a Women's Panel with prominent females from the area to speak on Tuesday March 8<sup>th</sup>.
- We had scheduled a Bird Day back in January with a talk on bird feeding from the Audubon Society, and now hoping to reschedule on March 10<sup>th</sup> from 1:00 - 2:00 pm. Stay tuned for those details.
- March 23<sup>rd</sup> is Meteorologist Day - Why does it rain, what makes a rainbow? Why does a tornado take the path it takes? These are questions we are hoping to have answered by a meteorologist (maybe Mark Rosenthal!) on that day. We plan to have the Meteorologist Talk via Zoom at the Senior Center starting at 1:00 pm.

## March Activities

### Coffee (and pastries) with Cops

Wednesday, March 30<sup>th</sup>

10:30 -11:30 am

We will be welcoming Hamilton's Police Officers to go over a valuable program that they are offering in April as well as scams that are affecting our community members. Join us in welcoming them to our Center.

### Hamilton Duplicate Bridge

Wednesdays 11:00 am

The Hamilton Duplicate Bridge Club is meeting "in person" at the Hamilton Senior Center each week starting at 11:00 am. Many neighboring towns are represented in this group,

We welcome newcomers and those bridge players who have been away from the game for several months. Call Bob Bonazoli at 978-468-1963.



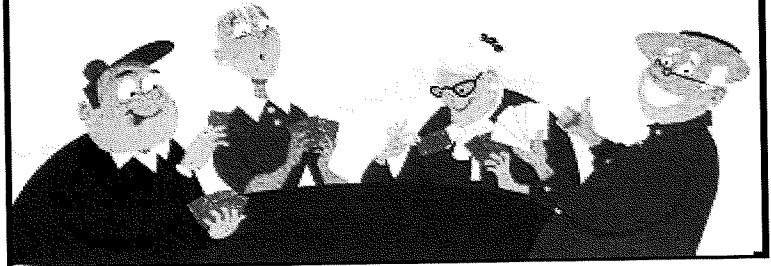
### COA Needleworkers

Tuesdays 12:30 - 3:00 pm

Bring your knitting, sewing, quilting, embroidery, hooking, or craft and enjoy working on your project with others who like to make things. Lots of help and friendship available.

This a drop-in group so come for all or part of the time.

With questions, call Cathy at 315-323-3925 or email [cminnetyan@gmail.com](mailto:cminnetyan@gmail.com)



### Walking Club



Wednesdays 9:00 am  
Wenham COA

Hamilton and Wenham COA's have joined together for a Walking Group on Wednesday mornings. Come and enjoy our towns and the fresh air with friends. Meet at 9:00am Wenham Senior Center, 10 School Street in Wenham.

**Fitness Classes are Back!**

## Fit Over 50

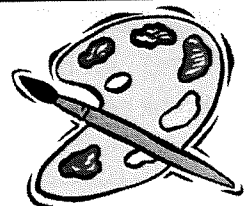
Thursdays 10 am

Stop in for a fun fitness program  
with personal trainer, Erin Brady

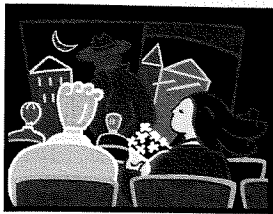
First Class is Free

### Art Studio

Fridays  
12:30 - 3:00 pm



Artist's Open Studio will meet on Fridays. No experience necessary. Bring your own materials in any medium; Let's just get together to be creative with a supportive community. **This is a drop-in open studio, so come when you can.** With questions, call Linda 978-578-7063 or email: [lindaspong@gmail.com](mailto:lindaspong@gmail.com)



# Movies in March

Showtimes on Thursdays at 1:00 pm

**March 3 "The Proposal"** Sandra Bullock, Ryan Reynolds  
*Comedy.* On the verge of being deported and losing the high-powered job she lives for, the controlling Margaret announces she's engaged to her unsuspecting, put-upon assistant Andrew. After proposing a few demands of his own, the mismatched couple heads to Alaska, where they have four short days to convince his quirky family and a very skeptical immigration agent that their charade is real.

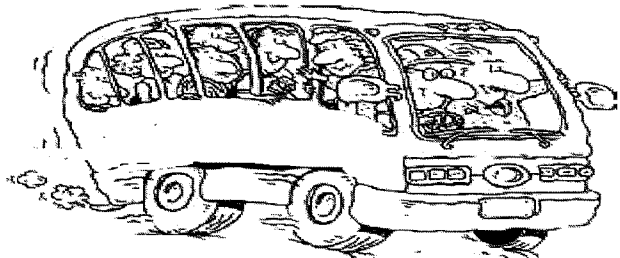
**March 10** A Bird Day program is replacing the movie today. Come and enjoy.

**March 17 "A Beautiful Day in the Neighborhood"** Tom Hanks  
*Drama, Biography.* After a jaded magazine writer (Emmy winner Matthew Rhys) is assigned a profile of Fred Rogers, he overcomes his skepticism, learning about empathy, kindness, and decency from America's most beloved neighbor.

**March 24 "Instant Family"** Mark Walberg, Rose Byrne  
*Documentary, Adventure.* When Pete and Ellie choose to start a family, they stumble headfirst into the world of foster care adoption. After they learn their perfect foster child comes with two other siblings, Pete and Ellie find themselves speeding from zero to three kids overnight and must hilariously learn the ropes of instant parenthood if they hope to become a real family.

**March 30 "Mrs. Doubtfire"** Robin Williams, Sally Field  
*Comedy.* Struggling actor Daniel Hillard can't keep a job. And if it were up to his fed up wife, he wouldn't be allowed to keep his family, either! So when a judge says Daniel can only visit his kids once a week, the inventive dad becomes Mrs. Doubtfire-the perfect nanny to his own children.

## OUTINGS



Please come in or call to sign-up for Outing.

**Tuesday, March 8**

**Blue Marlin Grille in Essex for Lunch.**

Meet there at 12:30pm for lunch.

**Thursday, March 24**

**Cape Ann Museum and Lunch at Seaport Grille**

in Gloucester

Space is limited so call for more information.

## Grab and Go Meals

**Tuesdays at 12:00**

The Hamilton COA is partnering with Senior Care to offer a weekly "Grab and Go" meals on Tuesdays. Menus will be a surprise.

Call Albie at 978-468-2616 by the previous Friday at 1:00 pm to reserve your meal. Then drive up to our door at noon on Tuesday and drive away with your lunch. Meals are complementary.



Meals on Wheels is providing hot meal delivery to seniors who are homebound five days a week. If you are homebound or taking care of someone who is, call Senior Care at 978-281-1750 to sign up for the program.

## Technology Help Desk

**9:00 - 10:45 am Second Wednesday**

Students from the HW Tech Help Desk will be here once a month to assist you with technology-related questions. Bring your phone, tablet or laptop and get your questions answered while learning something new. Walk-ins welcome. Second Wednesday of every month from 9:00 – 10:45 a.m.

## COMMUNITY LIVING AT ITS BEST

*Be Independent for Life*

**Nichols Village**

AN ACTIVE ADULT COMMUNITY

One Nichols Way, Groveland, MA 01834  
Nichols-Village.com

**CALL 978-372-3930**



To be a sponsor in the next  
**Hamilton Hamlet  
Newsletter!**

Please contact Tom Reily  
**508-336-6633  
x 337**

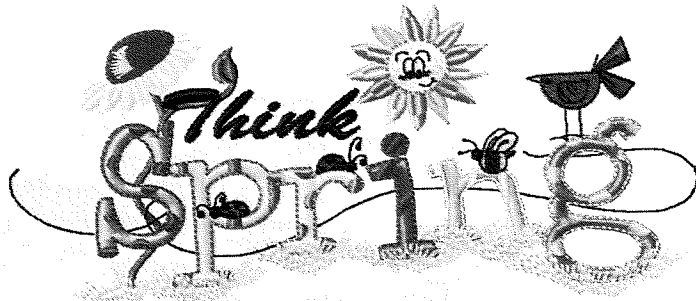
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personalities.

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To be a sponsor in the next  
**Hamilton Hamlet Newsletter!**

Please contact Tom Reily 508-336-6633 x 337

## FAIRWEATHER APARTMENTS

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**Affordable Senior Housing For Over 40 Years**

**CLEAN, QUIET,  
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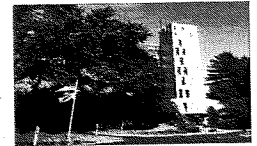
- Social Activities
- Small Pets Ok

### Amenities

- All Utilities Included
- Oversized Studio Apartments
- 24-hr Emergency Maintenance
- For Seniors 62 and Older

Maximum Qualifying Income

- 1 Person  
Income Limit  
- \$45,300
- 2 Person  
Income Limit  
- \$51,780



A POAH Community  
POAH Communities, LLC



**978-744-7835**

Office Location: 40R Highland Ave. Salem, MA 01970

## Hamilton Transportation Options

### Hamilton Council on Aging

Hamilton Senior Center  
299 Bay Road  
South Hamilton, MA 01982  
978-468-5595

[hamiltonma.gov/council-on-aging/](http://hamiltonma.gov/council-on-aging/)

**Program:** CATA (Cape Ann Transportation Authority) provides van service for medical appointments, shopping, banking, etc.

**Eligibility:** Hamilton residents age 60+

**Service Area:** Hamilton, Wenham, Beverly, Manchester-by-the-Sea, Gloucester, Rockport, Essex, Ipswich, Rowley, Salem, Peabody and Danvers

**Cost:** Free for medical trips and trips to and from the Senior Center

**Hours:** Monday through Friday from 8:00 am to 4:00 pm

**Scheduling:** Call to schedule ride 2 days or more before your appointment

**Reservations:** 978-283-7916

### SeniorCare Medical Transportation Program

978-281-1750 x573

[seniorcareinc.org](http://seniorcareinc.org)

RSVP Volunteers provide a door-to-door escort service to and from local and out-of-town medical appointments. Long distance appointments to Boston and Burlington are limited. Please call Monday — Friday, 9:00 am to 12:00 noon to request additional information and to schedule appointments.

### MBTA Commuter Rail

617-222-3200

[Mbt.com/schedules/commuter-rail](http://Mbt.com/schedules/commuter-rail)

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at Riverbend

*Independent, Assisted &  
Memory Care Living*

149 County Road, Ipswich, MA

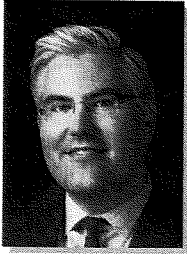
978-233-4517

[www.residencriverbend.com](http://www.residencriverbend.com)



## Protect Yourself, Your Family, and Your Assets

Let's create an estate plan tailored to meet your needs and carry out your financial and medical decisions.



Attorney Matthew Karr founded The Heritage Law Center because clients deserve a more personalized experience for estate planning and elder law.

Call 617.299.6976 today for your complimentary initial consultation.



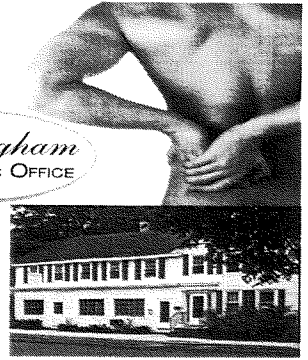
400 Trade Center Dr., Woburn, MA  
617.299.6976 • [www.maheritagelawcenter.com](http://www.maheritagelawcenter.com)

## ARE YOU IN PAIN?

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Neck Pain  
Shoulder Pain  
Headaches  
Sports Injuries  
Work-Related  
Injuries & More



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Make an Appointment

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for More Information

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[www.beckinghamchiropractic.com](http://www.beckinghamchiropractic.com)



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Hamilton Hamlet Newsletter!  
Please contact Tom Reily 508-336-6633 x 337

## Discover Innovative, Small-House Assisted Living and Memory Support at The Woodlands Inn.

The Woodlands Inn is a welcome alternative to traditional, and often clinical, care centers. Each of our four specialized, state-of-the-art households accommodates a maximum of ten residents who are served by a consistent team of Innkeepers. This team creates a home-like setting for residents, promoting independence and peace of mind.

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978-228-3878 | [EdgewoodRC.com/TWI-Tour](http://EdgewoodRC.com/TWI-Tour)



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Assisted Living offering independence and companionship in a safe, supportive, and socially-active environment.

Reasons to take advantage of our services include:

- 24-Hour Onsite Licensed Nursing
- Not-for-Profit Organization
- A convenient option when you or a family member needs the security of assisted living.
- An opportunity to rehabilitate after an illness or medical procedure.
- Customized care plans to meet the wellness and healthcare needs of the individual.
- Convenient short-term, respite, and long-term stay options to suit your needs.

To arrange a stay, schedule a visit, or to learn more, call 978.922.1999.  
[theherrickhouse.org](http://theherrickhouse.org)

Beth Israel  
Lahey Health



Hamilton Council on Aging

P O Box 429

Hamilton, MA 01936

Pre-Sorted Standard

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Permit #24

Hamilton, MA 01936

Deliver to addressee or current resident

*The Town of Hamilton provides the Senior Center for you if you are 60 years old or more.  
The Council on Aging invites your participation in all that is offered and encourages your  
input and involvement.*

## Hamilton Senior Center Calendar - March 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b><u>Underlined Items require sign-up</u></b>	1 12:00 <u>Grab n Go Lunch</u> 12:30 Needleworkers	2 8:30 COA Board Mtg 9:00 Walking Club 11:00 Bingo 11:00 Bridge Group 3:30 Vax Clinic	3 10:00 Fit Over 50 1:00 Movie	4 8:45 TOPS 12:30 Art Studio
7 1:00 - 3:00 Library Knitters	8 <b>12:30 LUNCH OUTING TO BLUE MARLIN</b> 12:00 <u>Grab n Go Lunch</u> 12:30 Needleworkers <b>3:00 - 5:00 WOMEN'S PANEL</b>	9 9:00 Technology Help 9:00 Walking Club 10:30 Craft with Barbara 11:00 Bridge Group 3:30 Vax Clinic	10 10:00 Fit Over 50 1:00 "BIRD DAY" AUDUBON <b>PRESENTATION</b>	11 8:45 TOPS 12:30 Art Studio  8:45 TOPS
14 <b>PI DAY</b> 1:00 - 3:00 Library Knitters 2:30 - 4:00 <u>Pie Pick-up</u>	15 12:00 <u>Grab n Go Lunch</u> 12:30 Needleworkers <b>1:30 ST PATRICK'S DAY PARTY / ENTERTAINMENT</b>	16 9:00 Walking Club 11:00 11:00 Bridge Group 3:30 Vax Clinic	17 10:00 Fit Over 50 1:00 Movie	18 8:45 TOPS 12:30 Art Studio
21 1:00 - 3:00 Library Knitters 2:00 <u>MARCH BIRTHDAY BASH</u>	22 12:00 <u>Grab n Go Lunch</u> 12:30 Needleworkers	23 9:00 Walking Club 11:00 Bridge Group 1:00 <b>METEROROLOGIST PRESENTATION VIA ZOOM AT CENTER</b>	24 <b>11:00 CAPE ANN MUSEUM OUTING AND LUNCH</b> 10:00 Fit Over 50 1:00 Movie	25 8:45 TOPS 12:30 Art Studio
28 1:00 - 3:00 Library Knitters	29 12:00 <u>Grab n Go Lunch</u> 12:30 Needleworkers	30 9:00 Walking Club 11:00 Coffee with Cops 11:00 Bridge Group 3:30 Vax Clinic	31 10:00 Fit Over 50 1:00 Movie	<b><u>Underlined Items require sign-up</u></b>