

H-W Senior Life

November 2023

Hamilton COA 299 Bay Road Hamilton, MA 01982 | 978-468-5595
Wenham COA 10 School Street Wenham, MA 01984 | 978-468-5534



State Rep Sally Kerans met to discuss elder service issues in her district - Left to right, Outreach Coord. Jeanne Maurand; Select Board member, Peter Clay; District Rep Sally Kerans; COA Director, Jim Reynolds; Select Board member, Gary Cheeseman.

MEDICARE OPEN ENROLLMENT:

October 15 - December 7 Every year, you have an opportunity to review and make changes to your Medicare plans with a SHINE counselor. See what you can expect with your current plan in the new year or if there is another plan that may be more cost effective for you. You may benefit from cost saving programs that our SHINE counselor will explain to you. **Marylou Fierro**, our SHINE Counselor offers this service by phone for free.

We are booking up to 4 appointments at 10am, 11am, 12pm & 1pm on three remaining Wednesdays: Weds, Nov. 8; Weds, Nov. 15; and Weds, Nov. 29. Call Jim at (978) 468-5529 to book appts.

Greetings from Hamilton: Open Enrollment officially started on October 15th and will run until the first week in December. I strongly suggest that if you have any sort of Medicare you reach out to ensure that you are still on the best plan for you! Every year the plans change.

We are gearing up for the winter months. Now is the time to start applying for fuel assistance. Please call 978-468-5595 and speak to Tim if you have any questions about the application process.

We will be welcoming National Grid on Monday November 7th between 10:00am and 2:00pm to review your bill, discount plans, etc. (See inside for more info).

Tim has been working hard to get speakers and activities here for the upcoming months. Just a reminder that we try and remember to ask for pre-registration. Although, we forget sometimes it is always best to call ahead. Sometimes we have to cancel if we don't have enough interest.

We will be closed for Veteran's Day, as well as Thanksgiving and the day after Thanksgiving.

~ Theresa

Fuel Assistance Guidelines '23 - '24

Income Eligibility

Household income cannot exceed 60% of Massachusetts' estimated State Median Income (for example in 2024, \$59,359 for a family of 2 and \$87,294 for a family of 4).

While income is not the only factor in eligibility, please find the maximum FY 2024 income guidelines in the table below and in this [FY 2024 LIHEAP Income Eligibility and Benefit Chart](#) (in the 60% of estimated state median income" column).

Household Size	Maximum Income
1	\$45,392
2	\$59,359
3	\$73,326

Please call Tim Morris for more information or for help filling out application.

Hamilton COA Weekly Events

COA Needleworkers

Tuesdays 12:30 - 3:00pm

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

Quilters Group

Fridays 9:00 am – 12:00pm

Bring your sewing machine and your latest project and join them in quilting. We have machines to use if needed.

Knitters

Monday 1:00– 3:00 pm

Stop by on Monday from 1:00 pm-3:00pm and join our knitting group. Bring a project you have been working on or start a new project. Beginner or pro, it doesn't matter-knitting with friends is the goal.

Yoga

Tuesday 9:00 - 10:00 am

Bring your mat and get ready to relax as Victoria Harriss leads you through an hour of Yoga. Cost per class is \$5.00 No sign up is needed.

Pickleball

Pickleball is moving to the Rec Department. Every Thursday starting at 11:30. There will be three levels this year and registration is required.

Book Group

November 14th 10:30-12:30

Looking for a no-pressure, no-deadline, social Book Group? Come and join us and share whatever you might be reading-or just come and get ideas on what to read next. For more info please call Cathy Minnetyan 315-323-3925

QiGong

Monday 10:00am - 11:00am

Taught by Nancy Doyle, the class is geared towards all abilities.

Men's Group

Join us on the first and third Thursdays of the month (November 2nd and 16th) at 9:00am for a men's group. We will be offering coffee and pastries.

Get your Art on

On-going Fridays at 12:30pm

Artist's Open Studio will meet on Fridays. No experience necessary. Bring your own materials in any medium. This is a drop-in open studio, so come when you can. Any questions, please call 978-468-5595

Hamilton Duplicate Bridge

Wednesdays 12:30 pm

The Hamilton Duplicate Bridge Club is meeting "in person" at the Hamilton Senior Center each week starting at 12:30 pm.

Bridge Lessons

Fridays 10:00am

Interested in learning bridge. Stop by on Fridays starting at 10:00 to learn the game. No experience necessary.

Dan Tremblay

Wednesday 10:30am

Dan Tremblay will be coming every month to show us a film and have discussion. The next day is November 15th and we will be watching The Andrews Sisters and Glen Miller.

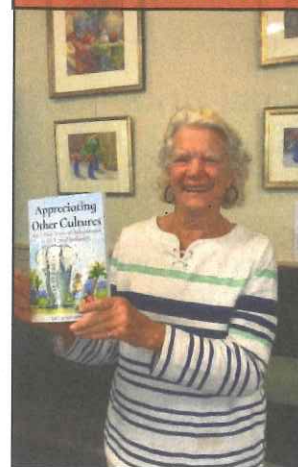
Line Dancing

Thursday @ 2:00pm

Join us on Thursdays at 2:00pm for line dancing classes. Local teacher Christine will be here to guide us. Stop by and find out what its all about. \$5.00 donation appreciated.

Wenham COA Weekly Events

Thurs, Nov 16th -



The Town of Wenham and our COA Writing group is proud to announce -

Lindsay Coles Schnabel will discuss her new book **Appreciating Other Cultures: 45 years of Travel Adventures**.

Lindsay explores different Asian and African cultures through her own unique lens as a Travel Agent. The author finds an inroad beyond the regular tourist route, meeting the people and understanding their customs, comparing similarities, some advantages as well as exploring each country's culinary habits (sharing recipes), and of course highlighting the beauty of each place. **Join us!**

Art Classes

TWO Watercolor Art Classes with Marion Rayner - On Weds, Nov 8 and 29 from 1–3 pm. Marion will teach us watercolor techniques while she demonstrates. Supplies are included for this 2-hour class. We start promptly at 1 pm. We welcome HW seniors & beyond! Call 468-5534 to sign up. \$10/pp

Acrylic Painting with Aleah - Our acrylic paint class happens in Wenham. Date Nov 3rd from 1 – 3pm. Aleah is a great artist and teacher. Location may be HW Lib for this class. Call us at (978) 468-5534 for more information. \$10/pp. Newcomers are free!

Dementia Friends Intro Session

Tuesday Nov 7 from 10–11 am

What are the signs of dementia? How do we respond when our loved one has memory loss? These concerns will be discussed at this session to help us better understand how to support those with dementia. *Refreshments will be served* Call 468-5534 to register

Caregiver Support Group

10 School St, Wenham
10:30am on 1st Weds of the month at the Wenham COA. Lunch provided.

"Zoom" Support Group Mtgs

10:30am every Tuesday
Contact (978) 281-1750 or Susan.Doughty@seniorcareinc.org

Walking Group

Weds, 9-10 am

Mahjongg

Fri, 1-4pm

Pickleball (COA)

Ham- Wenham

Thurs 11:30am-1:30p

Rec Building

Senior Scribblers

This writing group works for all levels of experience. Once a month this fall. Thurs 2-4 pm with Barrie Levine

Virtual Yoga classes Mon & Weds at 10:30am **Breathe, Stretch, Balance and Energize** with Margaret. Email: blisspolarity@gmail.com;

Two very energizing classes!

Dianna has her Thurs **Balance in Motion** virtual yoga class at 9am and her other class for Parkinson's or anyone with mobility challenges on Tuesday at 1:00 pm. Contact Dianna for information on these classes by contacting Dianna! dian-nadaly@gmail.com or call me (978) 468-5529 with any questions on our exercise program. We hope to come inside some time soon!

Nov Lunches 12pm "Grab n'Go"

Nov 1st Weds

3oz. Pork with apples, Sweet potato tots, Brussel sprouts and fresh fruit

Nov 8th Weds

Lasagna with Spinach Alfredo sauce, Parmesan, Carrots, Mandarins and Garlic roll

Nov 15th Weds

Roasted Turkey on top of stuffing with gravy, Mashed potatoes with gravy, butternut squash, Cranberry & pie

Nov 22nd Weds

Swedish Meatballs with Scandinavian special sauce, Bowtie pasta, Green beans, oat bread and pineapple

Nov 29nd Weds

Chicken Scampi, Rice Pilaf, Creamed Spinach, Bread and Birthday Cake

Special Events - Hamilton

Veteran's Group

With the help of Vee of Cape Ann Veteran's Services we will be starting a Veteran's Group. The group will meet on the 2nd Thursday of every month at 9:00am this month will be November 9th @ 9:00am

Introducing Hamilton COA's Fish Program

Starting in November 2023

FISH (Friends in Service Helping) is a group of volunteers that will help neighbors in need. When you need help with transportation, please call the COA at 978-626-5240 or email 468fish@gmail.com. Leave your name, telephone number

and brief details regarding transportation needs. A FISH coordinator will call you to connect you with a driver. We will require a full week's notice for all ride requests. More details in next months newsletter!!!

Card Making w/ Kendra

Nov. 14th @3:00pm -4:00pm

Join us for a card making event. All supplies will be here, you just need to show up. Limit to 10 in the group.

Clothing Collection:

The HCOA will be collecting new and gently used clean winter clothing for women & men experiencing homelessness on the North Shore. Winter coats, mittens, gloves, socks, hand

warmers and long johns can be dropped off Monday-Friday 9:00—12:00pm. Call Tim at 978-468-5595 for more info.

National Grid

Tuesday November 7th
10:00am-2:00pm

"Do you have questions about your National Grid gas or electric bills? Stop by anytime between 10am and 2pm on November 7th and a National Grid advocate will be able to review your bill with you. The advocate will also review to see if you qualify for any discount rates, payment plans, or forgiveness programs. National Grid is here to help!"

nationalgrid

Veteran's Corner - Wenham

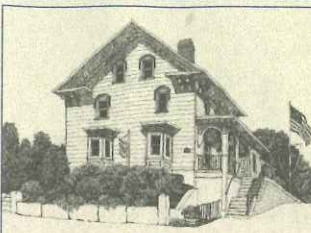
...I was just thinking

-about Veterans Day and how different it is from Memorial Day. On Memorial Day we honor those who died in defense of our country. On Veterans Day we express gratitude to those who wore the uniform and who continue to wear the uniform of the United States of America. Memorial Day emerges out of the devastation of our civil war. Veterans Day emerges from World War I. It was in the dawn of November 11, 1918 that the Armistice was signed. On that day the guns became silent. "The war to end all wars" was brought to an end by the stroke of a pen. However, trench warfare, mustard gas, rampant disease, machine guns, tanks and aerial attacks left indelible marks in the landscape of Europe and scarred the bodies, hearts and souls of about 40 million military and civilian casualties. During the years that followed, many national leaders declared that November 11 would be known as "A Day of Remembrance" and marked with two minutes of silence. For many on the battlefield two minutes can seem like an eternity as they are exposed to the fleeting nature of life. For those of us stuck in traffic two minutes can seem like an eternity because we are frustrated. On November 11 we are encouraged to spend two minutes in silence. When we do, let us remember that life is a gift.

Dean W Pedersen, Captain USN Ret. Chair: The Veterans Committee of Wenham

Friend's FWCOA Wishing Well - Wenham

Many thanks for your support of *The Friends of the Wenham COA*. We request year-end gifts be made payable to **FWCOA**, 10 School St, Wenham, MA 01984. We benefit in so many ways from these contributions including discounted tickets, unforeseen expenses normally associated with new programs, class instructors, events and food. Gifts of any amount are welcome and many thanks for your support. JR



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Health & Wellness

Used Medical Equipment - Wenham COA's have used medical equipment such as commodes, rollators, shower chairs, and wheel-chairs. Covid Test Kits are available for free at both COAs.

SHINE - Hamilton residents call Theresa (978) 468-5595, Wenham residents call Jim 978-468-5529 to make an appointment w/ Mary Lou Fierro on the first Tuesday from 10:00-12:00pm

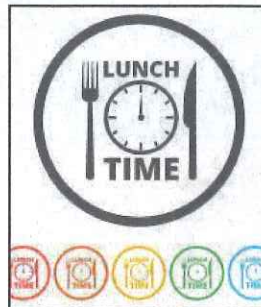
Action, Inc. may help you with energy costs. Call 978-282-1000 to apply for fuel assistance. Website: actioninc.org

The Good Neighbor Energy Fund contact Tim Morris 468-5595 at Hamilton COA or Jeanne Maurand 468-5534 at the Wenham COA to find out if you qualify for assistance.

Property Tax Work-off programs for Seniors can help reduce taxes. Wenham offers the Senior Tax program to eligible residents. Wenham residents can find applications and information at wenhamma.gov. Search for *Tax Relief*. Hamilton currently has a waiting list for participation.

SeniorCare Nutrition Services

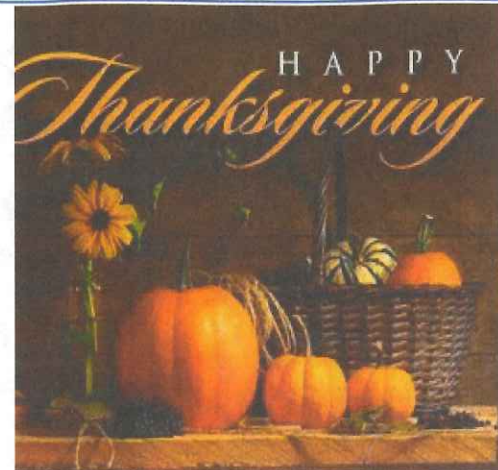
Home Delivered Meals (Meals on Wheels) for eligible homebound elders, Monday through Friday. Call SeniorCare and ask the *nutrition dept* for more information.



Podiatrist: Clinics with Dr. Gregory VanEss are held in **Wenham** every other month due to insurance purposes. 9:15 am -12 pm on Next date in Jan. Call

SeniorCare has begun serving an "in person" lunch at the Hamilton Senior Center on **Wednesday and Thursday**. If you are interested in attending, you can check the menu at the Senior Center for congregate meals and reserve your place with Albie.

(978) 468-2616



Blood Pressure Clinic

Clinic lead by Kelly Roller, RN. She will be back during our Birthday Party on November 27th starting at 2:30pm.

Wenham Transit

Call (978) 468-5534
(Wenham residents **only**)
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Hamilton, Manchester, Essex, Ipswich, Danvers, Peabody, Beverly, Topsfield

Monday - Friday
8am - 4pm



Transportation options (Hamilton):

Program: CATA (Cape Ann Transportation Authority) provides van services for medical appointments, shopping, banking, etc.—runs Monday through Friday 8:00am – 4:00pm

Eligibility: Hamilton Residents age 60+ **Cost:** Free for medical trips & trips to & from Senior Center

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

Call 978-283-7916– 2 days in advance to schedule a ride.

Senior Care Medical Transportation Program – (978) 281-1750 ext. 573

RSVP volunteers provide a door to door escort service to and from local medical appointments.

Call Monday – Friday 9:00am-12:00pm to request more information and to schedule appointments.

Community Resources

ACORD Food Pantry is OPEN

Weds 9:30–11am; *Senior Hours* -Thurs 10:00-11:00am; Thurs 6:30 - 7:30pm; Sat 9 –11am_PO Box 2203, 69 Willow St, S. Hamilton, MA 01982 Acord FP is for anyone who may need a little help with food assistance. We offer non-perishable food as well as meat, fish, cheese, yogurt, milk, eggs and fresh produce, most of it donated by local farms. Delivery is available for seniors who are unable to visit the pantry in person. Please reach out via

email acord.director@gmail.com or phone 978-468-7424 if you have any questions.



Mobile Market

1st and 3rd Monday of every month
Nov 6 and Nov 20 from 12:30 - 1:30

pm Join us on the first and third Monday of every month when we host a mobile market from Acord Food Pantry. Fresh fruits and veggies are available as well as other staples for your household, no income limits, no paperwork to fill out (we just ask that you sign in so we can keep a count of how many are utilizing this service). Just stop by and grab what you need. Mobile market starts at 12:30 and runs through the afternoon. Bring your reusable bags.

Veteran's Committee of Wenham

Meets the 2nd Tues of every month at WCOA
9 am Business meeting
10 am Coffee **All Veterans** are invited to come and meet, Vee, Cape Ann Veteran Services Rep. to learn about their benefits and opportunities.



What is **FISH**? **FISH** (Friends in Service Helping) is an international volunteer organization founded by members of St. Andrews Church in Oxford, England. The first **FISH** group in the U.S. was organized in West Springfield, MA in 1964. We are excited to welcome **FISH** to our Hamilton Seniors. We are a group of volunteers looking to provide rides to appointments, shops and activities.

An informational meeting will be held in early October. Stay tuned for a date and time. We look forward to helping you!

SeniorCare, Inc is a consumer centered organization which provides and coordinates services to elders and others, enabling them to live independently at home or in a setting of their choice while remaining part of their community. They offer information, referral and advocacy on a wide range of aging-related issues. (978) 281-1750 or go to seniorcareinc.org.

WISSH - *Wenham Issues of Social Service Help*. Confidential financial and social service assistance The mission of WISSH is to identify the social-service needs of Wenham residents and to coordinate and implement appropriate immediate unmet financial assistance to those in need. (978) 468-5520 Ext.

Hamilton Foundation was created to help meet unexpected, urgent, and short-term needs to Hamilton residents due to job loss, death, divorce, or catastrophic illness. It does not replace traditional governmental programs or social service organizations but helps people in ways that those programs cannot. 978-233-1816 (Leave a message and someone will return your call.)

Podiatrist - Dr. Greg VanEss comes to the Wenham Senior Center every 60 days and will be available to residents of both towns in December TBD from 9am –12pm. Call 978-468-5534 to make your reservation.

Low Vision Group meetings in Wenham will be held on Mon, November 13th at 12:00pm. Our new Social Worker, Jessie Palm, will be joining us.

Wenham Events & Calendar - Nov

Coffee with the Cops!
Thursday Nov 2nd, 10 am
 Wenham police will be here to tell us about the latest scams and to answer your questions.
Coffee & Pastries
A Christmas Carol - NSMT
Weds, Dec 13th, 2 pm
Inner Circle \$55 and Upper Circle \$45. Van can take 6 people departing at 12:30 pm. Email Jeanne at jmaurand@wenhamma.gov or call Jim at 978-468-5529

Wenham Veterans - Board meeting on Tues, Nov 14 9am Board. 10am Social hour
Memory Café – HW Library
 Tues, Nov 14 10:00 am
H-W Pickleball
 Indoors at the Rec Building Weds (free) 11:30 to 1:30pm. Instruction is available. Residents from both Hamilton and Wenham are welcome to play.
Tech Help - iPhones and iPads 1 hour appts. Call (978) 468-5534.

Low Vision Group meets **Mon, Nov 13 at noon.** Speakers will often present new information. *Lunch served.*
Floral Design Workshop
Tues Nov 14th 1 pm at Ham COA hosted by the H-W Garden Club. Learn floral design tips and tricks to create a centerpiece. Bring floral clippers. Register by Nov 9th. limited to 12. To register email your name, email, phone no to fleming.3patricia@gmail.com.

MON	TUES	WED	THURS	FRI
		1	2	3
		9:00am Walking Club 10:30am Chair Yoga Zoom 10:30am Caregiver Support (Light Lunch) 10-1 SHINE appts	9-12 pm Bocce 10 am Coffee & Q&A with Wenham Police 9 am Yoga Dianna 11:30 -1:30 Pickleball	10:00am - FREE Book Delivery for H-W Seniors 1pm - 3pm Acrylic Art 1 - 4pm Mahjongg
6	7	8	9	10
10:30am Chair Yoga Zoom w/Margaret 11:30am Jessie Palm Social Service Hour Q & A	10 am Dementia Friends Presentation	9:00am Walking Club 10:30am Chair Yoga Zoom 1-3 pm Watercolor Art 10-1 SHINE appts	9-12pm Bocce 9 am Yoga Dianna (Zoom) 11:30 -1:30 Pickleball 2-4pm - Writing Grp	Veteran's Day COA Closed
13	14	15	16	17
10:30am Chair Yoga Zoom w/Margaret 12:00pm - Low Vision Group with lunch	9:00 am Veteran's Board 10:00 am - Vet Coffee 1pm - Floral Design Workshop with Garden Club at Hamilton COA	9:00am Walking Club 10:30am Chair Yoga Zoom 1-3pm Watercolor Art 10-1 SHINE appts	9-12pm Bocce 9am Yoga Dianna (Zoom) 11:30 -1:30 Pickleball 2 pm Author Lindsay Schnabel's Appreciating Other Cultures	10:00am - FREE Book Delivery for H-W Seniors 10am - Tech Help 1 - 3pm 1 - 4pm Mahjongg
20	21	22	23	24
10:30am Chair Yoga Zoom with Margaret	1pm— Movie	9:00am Walking Club 10:30am Chair Yoga Zoom	Happy Thanksgiving!	COA Closed
27	28	29	30	
10:30am Chair Yoga Zoom w/Margaret	10 am— Tech Help in house	9:00am Walking Club 10:30am Chair Yoga 1-3 pm Watercolor Art 10-1 SHINE appts	9am Yoga Dianna (Zoom) 2-4pm - Writing Grp 11:30 -1:30 Pickleball	
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Tina Waugh, MD

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Hamilton Special Activities & Calendar

Show & Tell *
Nov, 21st 2:30-3:30
HCOA
Have an interesting collection, talent or something you would just like to share with others? Bring it in for Show and Tell at the Senior Center. Depending on number of participants you will have 5 mins to talk about your item!


Scrabble Games *
Nov. 16th @ 10:30

HCOA
Love to play Scrabble but don't have anyone to play with? Stop by and play here for an hour or two. Bring a friend or meet a new friend here.
Movie Morning: *
Nov. 22nd , @ 10:00
HCOA
Join us for a story about the Donut King.

Puzzle Day: *
November 7th, @ 3:00pm
HCOA
Bring a friend for a friendly competition of puzzles. We will give you a puzzle and an hour and half, first team to complete wins.
***Native American Art**
*November 20th at 3:00pm
Tess Lukey Associate Curator of Native American Art @ Fruitlands Museum.

MON	TUES	WED	THURS	FRI
		1	2	3
Activities notated with a * require a sign up		10:30 Bingo 12:30 Bridge 12:00 Lunch*	9:00 Men's Group 10:00 Bocce 11:30 Pickleball 12:00 Lunch* 2:00 Line Dancing *	8:45 Tops 9:00 Quilting 10:00 Sing with Albie 10:00 Bridge Class 12:30 Art Studio
6	7	8	9	10
10:00 Qigong 12:30 Mobile Market 1:00 Knitters	9:00 Yoga 12:00 Grab N Go* 12:30 Needleworkers 10:00 National Grid 3:00: Puzzle Day	10:30 Crafts 12:30 Bridge 12:00 Lunch*	9:00 Veteran's Group 10:00 Bocce 10:30 Scrabble 11:30 Pickleball 12:00 Lunch* 2:00 Line Dancing *	Closed Happy Veteran's Day
13	14	15	16	17
10:00 Qigong 1:00 Knitters	9:00 Yoga 10:30 Book Group 12:00 Grab N Go* 12:30 Needleworkers 3:00 Card Making *	10:30 Dan Tremblay 12 Lunch* 12:30 Bridge	9:00 Mens Group 10:00 Bocce 11:30 Pickleball 12:00 Lunch* 2:00 Line Dancing*	8:45 Tops 9:00 Quilting 10:00 Learn to Play Bridge 12:30 Art Studio
20	21	22	23	24
10:00 Qigong 1:00 Knitters 3:00 Native American Art Talk *	9:00 Yoga 12:00 Grab N Go* 12:30 Needleworkers 2:30 Show and Tell 6:30 Knitting Group	10:00 The Donut King 12:00 Lunch* 12:30 Bridge	Closed Happy Thanksgiving!!!	Closed Happy Thanksgiving
27	28	29	30	
10:00 Qigong 1:00 Knitters 2:30 Birthday Bash *	9:00 Yoga 12:00 Grab N Go* 12:30 Needleworkers 3:00 Documentary on Navajo Code Talkers*	10:30 Open House 12 Lunch* 12:30 Bridge	10:00 Bocce 11:30 Pickleball 12:00 Lunch* 2:00 Line Dancing *	

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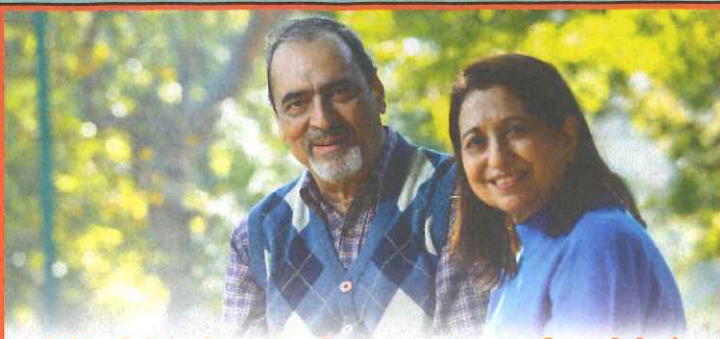
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Deliver to addressee or current resident

Hamilton Town Manager, Joe Domelowicz, Theresa W,
Rep. Kristen Kassner, COA Chair Rosie Kennedy,
EOEA Secretary Chen; Senator Bruce Tarr at recent talk at HCOA

Hamilton COA

Town Manager: Joe Domelowicz

Director: Theresa Woodbury
twoodbury@hamiltonma.gov

Outreach Coordinator: Tim Morris
tmorris@hamiltonma.gov

Board:

Rosemary Kennedy, Chair
Richard Hewett, Vice Chair
Penny Wingate, Secretary
Catherine Minnetyan
Kelly Roller
Laura Studley

299 Bay Road, Hamilton, Ma. 01982

978-626-5240

Please note we have a new phone number!!

Wenham COA

Director: Jim Reynolds

Outreach Coordinator: Jeanne Maurand

Van Scheduling/Administration:
Cathie Tomasello

Van Drivers:
Bob Gray ~ Barry Michaud ~ John Lincoln

Board:

Karen D'Amour-Chair
Mardi Lowery, Vice Chair
Julie Clay, Secretary
Karen Anger
Judy Bubriski
Debbie Aminzadeh
Gretchen Muschamp
Janet Burt

10 School St, Wenham, Ma. 01984

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