

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

Mary Beth Lawton,
Director

Council on Aging Board

Sherry Leonard, *Chairman*

Steve Walsh, *Vice-Chairman*

Penny Wingate, *Secretary*

Nancy Longval

Betty Gray

Linda Spong

MJ Brown

Senior Van Service

Cape Ann Transportation



OLDIES CRUISE LUNCH, MUSIC & CAR BINGO WEDNESDAY, OCTOBER 7 11AM - 1PM

The Council on Aging is celebrating our seniors with an outside event: “Oldies Cruise Lunch and Music BINGO Event.” As we enjoy a DJ playing Oldies Music, a food truck will be serving Hot Dogs (steamed) with choice of toppings (ketchup, mustard, relish, onions, sauerkraut, BBQ sauce.) potato chips and choice of a water or soda and prepackaged cookies.

parking lot and tune into our own LIVE radio station and enjoy the oldies right in their car. Following lunch, we will hand out Music BINGO cards and run Music BINGO directly to your car.

Reservations are required so please call 978-468-5595. In order to maximize the number of seniors attending, PLEASE CAR POOL WITH A FRIEND.

You can park your car in the Senior Center

Hamilton Cultural Council presents “Reconstructing History & Genealogy: Mom’s WWII Letters” Wednesday, September 28 at 10:30 am

In May 2017, Corinne Smith found her mother's stash of more than 80 letters from 16 servicemen she had corresponded with in 1944-1945. Corinne began to trace the soldiers' family trees with one goal in mind: to return the letters in person to their children. This presentation links history and genealogy to present-day research and diligence. It revisits a time that we may not want to forget. And it may prompt others to wonder for themselves what treasures lurk in their own old family boxes, and how they can share the information with others.

for several years on the board of The Blair County Genealogical Society in Altoona, Pennsylvania. Her first book was a self-published family history titled "From Saxony to the Lehigh Valley: The Descendants of Ludwig Hossfeld" (1992). Since then, she has written several books about American author Henry David Thoreau. She is a former librarian and lives in Gardner, Mass.

Corinne H. Smith is a writer who is originally from Lancaster County, Pennsylvania. She served

This program is supported in part by a grant from the Hamilton-Wenham Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

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.

Why sign in?



The state requires us to collect your contact information.



Public Health may use your information to contact you if someone who visits this business tests positive for COVID-19.

COA WEDNESDAY OPEN HOUSE

Open House starts at 10:00 Program at 10:30

October 21 Social Hour

*Come and reconnect with friends
and neighbors informally*

October 28

Reconstructing History & Genealogy:
Mom's WWII Letters

(sponsored by Hamilton Cultural Council)

YOU MUST CALL TO RESERVE YOUR SEAT 978-468-5595



Chair Yoga Monday Mornings at 10:00

First timers can try a class for free. \$8 per class for drop-ins or \$40 for an 8 week series. **YOU MUST CALL TO RESERVE YOUR SEAT 978-468-5595**

Yoga will meet outside if the weather permits.

Gentle Joints Friday Mornings at 10:30

Gentle Joints is an exercise class that is easy on your joints and will improve your strength and balance. Safe movements and proper body alignments are emphasized. All exercises can be done while seated or standing and everyone moves to their own ability. The Arthritis Foundation certified instructor, Linda Greenwald, leads our seniors in this class and provides lots of individual attention to participants.

YOU MUST CALL AHEAD TO RESERVE YOUR SEAT FOR THIS CLASS. 978-468-5595

Thursday Afternoon Movies

Showtimes on Thursdays 1:00 pm

October 1 "Little Women" Saoirse Ronan, Emma Watson, Florence Pugh |

Drama, Romance. In the years after the Civil War, Jo March lives in New York City and makes her living as a writer, while her sister Amy March studies painting in Paris. Amy has a chance encounter with Theodore "Laurie" Laurence, a childhood crush who proposed to Jo, but was ultimately rejected. Their oldest sibling, Meg March is married to a schoolteacher, while shy sister Beth develops a devastating illness that brings the family back together.

October 15 "Harriet" Cynthia Erivo, Janelle Monáe, Leslie Odom Jr.

Action, Biography, Drama. The extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes, whose courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history.

October 29 "From Time to Time" Alex Etel, Timothy Spall, Maggie Smith |

Adventure, Drama, Fantasy. A haunting ghost story spanning two worlds, more than a century apart. When 13-year-old Tolly finds he can mysteriously travel between the two, he begins an adventure that unlocks family secrets laid buried for generations.

Heritage Films Historical Presentations:

"Ghost Stores of New England"
Tuesday, October 19 at 1:00pm

Dan Tremblay brings a historical films to the Senior Center, which he himself has made, edited and narrated for the enjoyment of our seniors, who have welcomed him with open arms at past Open House events.

If you like history even a little and love to see well-produced films about incredibly interesting true life subjects of all kinds, that will have you emotionally involved, and utterly amazed, check out Dan's films.

These events are FREE! Prepackaged refreshments will be served. **YOU MUST CALL TO RESERVE YOUR SEAT**

Due to Covid 19 precautions, please remember to plan your visit to the Senior Center by pre-registering your attendance with Mary Beth at 978-468-5595



“POLISHED”, **Low - Cost Dental Cleanings for Seniors** **Comes to Hamilton - Wednesday, October 14**

Due to its popularity “Polished”, a “come to you” dental cleaning service, will be returning to the Senior Center. Appointments will be every 50 minutes and will start at 8:30 AM. Cost for this service will be an incredibly low \$49. For anyone who has had their teeth cleaned recently you know that the average cost for cleanings runs between \$125 and a \$150 per visit.

The senior center and the dental hygienist will be adhering to the highest levels of PPE protection for those attending the dental clinic. The dental hygienist has to follow CDC guidelines to operate. If you have had a joint or heart valve replacement, you will need to be pre-medicated prior to receiving care, or have a note from your doctor, stating that you do not need to take an antibiotic for dental services.

Please call Mary Beth to schedule your appointment: 978-468-5595.

The Senior Center is slowly reopening with planned programs only . For everyone’s safety, it is not open for other uses at this time. We want you to come back but there are certain restrictions for now— You must make an appointment or register with Mary Beth, COA Director, every time you plan to attend anything at the Senior Center. You can reach her at 978-468-5595 during town business hours. **NO WALK-INS FOR ANY EVENT.**

There are tents and chairs outside for your use at any time, without reservations.



T.O.P.S.
(Taking Off Pounds Sensibly)
meets at the Hamilton Senior Center. Come join us every Friday at 9:00 to 10:00 am: The first visit is free. \$32 per year to join and very small dues. Let’s

TAKE OFF POUNDS SENSIBLY

lose weight and have good fellowship together. For more information call 978-468-7253.

TOPS will meet outside, weather permitting.

Artist’s Open Studio **Wednesday Afternoons**

1-4 PM

Artist’s Open Studio meets from 1 to 4 on Wednesday afternoons. No experience necessary. Bring your own materials in any medium; Nothing provided, nothing expected — except your commitment to work on your own project. Let’s get creative. A supportive community is guaranteed. This is a drop-in open studio, so come when you can, but you must let Mary Beth know every time you plan to attend.





NEED ASSISTANCE WITH MEDICARE?

SHINE CAN HELP!

Serving Health Insurance Needs of Everyone...on or eligible for Medicare.
Offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare.

Mark your calendar: Medicare Open Enrollment: October 15 – December 7.

This is your opportunity to review your Medicare plans with a SHINE counselor to see what you can expect with your current plan in 2021, or to see if there is another plan that may be more cost-effective for you. You may also benefit from cost-savings programs that a SHINE counselor will explain to you. Your health insurance costs are an important part of your budget, and SHINE is available all year to help you review your plans and costs. Due to the current COVID-19 pandemic, SHINE counselors are meeting by phone. Call the Senior Center for an appointment.

“Generals for Generations”

This program is a partnership with the Hamilton-Wenham Regional High School. Honor Society students will be going to the homes of seniors on Saturday mornings from 10:00 to 11:00 am to help with outside chores.



(Please note that students will only be able to do outside chores during this time.) We are very proud of the fact the National Honor Society has recognized this worthy club at the High School and the good work these students are performing for our seniors. Please call Mary Beth at 978-468-5595 to make your request for a student to help you.

Do You Have a Cell Phone?

Please let Mary Beth know if you do not have a cell phone.

We are trying to ensure that all of our senior residents have a way to be contacted when the power goes out and a Code Red message can be sent on their cell phone to let them know of updates and that the shelter is open. If you meet the Circuit Breaker guidelines you may be eligible for a free cell phone.



FIVE CANS AND A JAR SOUP-THANKS TO BARBARA HOOPER FOR THIS GREAT RECIPE

1 CAN EACH OF RED KIDNEY BEANS, BLACK BEANS, DICED TOMATOES WITH CHILIS, FAT FREE REFRIED BEANS, WHOLE KERNEL CORN (DRAINED). THEN ADD A JAR OF YOUR FAVORITE SALSA. NOT THE KIND WITH FRUIT IN IT THOUGH...MILD, MEDIUM, HOT, UP TO YOU. BRING TO A SIMMER ON THE STOVE. ADD CUMIN OR TURMERIC OR CHILI POWDER IF YOU WANT TO KICK IT UP A NOTCH. OPTIONAL: TAKE A COOKED ROTISSERIE CHICKEN, REMOVE THE SKIN, SHRED AND PUT INTO SOUP. LET COOK FOR ABOUT 15-20 MINUTES, THIS IS ALWAYS BETTER THE NEXT DAY SO LET COOL AND REFRIGERATE. SERVE WITH A DOLLOP OF SOUR CREAM OR SHREDDED CHEESE. ENJOY!



OUTREACH

Greetings!

My name is Tim Morris. I am the new Outreach Coordinator for the Hamilton Council on Aging. I have been in this position for close to 6 months. I am married and 4 wonderful adult sons. I had worked for 39 years at a private social service agency in Boston prior to coming to the Hamilton COA. Originally, I am from Pennsylvania. My wife is a Hamilton girl and she would not move out of the north shore area after she said I do so we have lived in Hamilton for the past four years.

My tenure here has been during the same time as the Coronavirus 19 pandemic. You may ask what did you do all this time during the pandemic when the Senior Center building was closed to the public? I have enjoyed my work time updating the master list of names and addresses of the seniors age 60 + in Hamilton. Perhaps we had talked on the telephone as I had spent much of my time calling seniors to check in with them to see how they were doing and to ask if they needed any help or wanted masks/gloves or food resources. During this time we sent out cards and letters as well and from time to time I have had the privilege to meet some of you in person as I delivered food items and masks to your home.

The staff at the Hamilton COA are excited as we are slowly opening up the Center for programs and events once again. Smaller numbers of participants as well as screening, social distancing, temperature taking, and wearing masks will be the normal protocol to attend events and programs to keep everyone safe. Programs you had once attended will be restarting again. Mary Beth Lawton, Senior Center Director, has the wheels turning again in planning many programs for your benefit. The Open House events will be happening again.

September was National Senior Center Month. The theme was Delivering Vital Services. We continue to celebrate Senior Centers and the delivery of vital services across Massachusetts. For they are often the focal point where vital services are delivered.

The Hamilton COA offers vital services. Staff are available to help with calls to check in, preventing isolation, offer food resources, information, referrals, and the start of programs.

We are now into October. The United States is known for celebrating all kinds of topics every month.

“Smaller numbers of participants as well as screening, social distancing, temperature taking, and wearing masks will be the normal protocol to attend events and programs to keep everyone safe. Programs you had once attended will be restarting again.”

One of many in October is National Emotional Wellness Month. I selected to share this as I thought this would be a good

time to check our emotions in a positive way. Our overall health depends upon having a positive outlook. Studies have shown long term stress and negativity can affect us with chronic conditions. With everything going on around us for the past several months we could use some positive emotional wellness. I challenge you to make a change in being positive emotionally.

Contact the Senior Center and join in the activities and events. Come with an open mind to see old friends and make new ones. Maybe you will learn something new and at the end of the day feel better about yourself and world around you. Thank you for your time!

Tim



CATA Hamilton Transportation Service

Welcome aboard! Starting July 1, 2020, the Cape Ann Transportation Authority (CATA) will be providing transportation services for the Town of Hamilton. It is our pleasure to be able to offer dial-a-ride services to your community. Service is available for medical, shopping, social, and other activities.

Regular Service: CATA provides service in Hamilton and out of town to Wenham, Beverly, Manchester-by-the-Sea, Gloucester, Rockport, Essex, Ipswich, Rowley, Salem, Peabody, and Danvers. Service is provided Monday through Friday, excluding holidays, from 8am-4pm. Please call to make your reservation at least two days before your appointment, for example, call Thursday for Monday appointments. Give us a call at 978-283-7916 with any questions and to make your appointment!


Dialysis Service: CATA provides service to the North Shore Regional Dialysis Center at 133 Brimbal Avenue, Beverly. Service is available Monday through Saturday for customers scheduled for first or second shift dialysis treatments. Let the Dialysis Center know you are interested in using the CATA van and they will help coordinate your transportation.

FAQs (Frequently Asked Questions)

- Pick up times are approximate. Be ready 5-10 minutes before your scheduled pickup.
- Please note that these are shared rides. This means that the driver will not be able to wait longer than five minutes after arriving for your pick up as it will disrupt another customer's schedule. Some days you may need to be picked up at home earlier than scheduled to accommodate other customers in your community that will be traveling to appointments along the route.
- Early pickups apply only to your pick up at home. The van will not try to pick you up early from appointments.
- When you book your ride, you will need to schedule a return time for your trip home. At this point in time, CATA is unable to accommodate will-call requests. If you are ready early, give CATA a call and we will do our best to get to you as soon as possible. If something happens and you run late, please call dispatch as soon as you know you will be late so we can plan another ride home for you.
- All of our vans are wheelchair accessible and our drivers are able to provide door-to-door service. The drivers are not able to provide assistance inside your home, the hospital, or the treatment center. There is currently a two bag limit on groceries to ensure enough space on the van for everyone and for safety.
- If you will have a Personal Care Attendant (PCA) or service animal with you, let dispatch know when you book your trip.
- Please have the address of your destination ready when you call to make your reservation. To book or cancel appointments, please call 978.283.7916

October 2020 Calendar

Hamilton Senior Center Programs and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Due to Covid19 requirements, pre-registration is required before attending activities at the Senior Center. Call 978-468-5595.</p>			1	2
			1:00 Movie: "Little Women"	9:00 TOPS 10:30 Gentle Joints
5	6	7	8	9
10:00 Chair Yoga		11 TO 1: OLDIES CRUISE LUNCH, MUSIC AND BINGO 1:00 Artist Open Studio		9:00 TOPS 10:30 Gentle Joints
12	13	14	15	16
SENIOR CENTER CLOSED FOR COLUMBUS DAY		DENTAL CLINIC ALL DAY STARTING AT 8:30 1:00 Artist Open Studio	1:00 Movie: "Harriet"	9:00 TOPS 10:30 Gentle Joints
19	20	21	22	23
10:00 Chair Yoga 1:00 Heritage Films "Ghost Stories of New England"		10:00 Open House 10:30 Social Hour 1:00 Artist Open Studio		9:00 TOPS 10:30 Gentle Joints
26	27	28	29	30
10:00 Chair Yoga		10:00 Open House 10:30 Cultural Council Program "Reconstructing History and Genealogy: Mom's WWII Letters" 1:00 Artist Open Studio	1:00 Movie: "From Time to Time"	9:00 TOPS 10:30 Gentle Joints

Hamilton Council on Aging
P O Box 429
Hamilton, MA 01936

Please call or email if you do not want to be on
this mailing list. (978)468-5595,
mlawton@hamiltonma.gov

Pre-Sorted Standard
U.S. Postage Paid
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.*

Update on Hamilton Senior Center Reopening Plans

It is hard to believe that our doors have been closed to the public for over six months! This has been an extremely challenging time for all of us, but we have persevered through what is hopefully the worst of it. Although Meals on Wheels continue to be delivered four times a week, we have not yet been able to restore our daily congregate lunch. Traveling Chef and Senior Care Special Lunches have also been postponed until further notice.

If you are not aware, Hamilton has a new transportation provider for our seniors, Cape Ann Transportation Authority. This is a free service for Hamilton residents age 60 and older. Please see inside the newsletter for information about this program (page 6).

Check out the seating and tents that we have set up at the back of the senior center. Walk your dog, meet a friend, bring your coffee and book, just sit for a while and enjoy being outside as we move toward cooler weather.

We are starting to bring activities and programs back slowly to the senior center. We will be holding some activities outside but are also planning on bringing back those programs which we can only hold inside including movies and Dan Tremblay's presentation of historical documentaries starting on Tuesday, October 19th at 1 PM. Our weight loss

group T.O.P.S. is meeting outdoors every Friday morning from 9 to 10 AM. The Friday Morning Senior Center Farm Stand on

***For everyone's safety during the
Pandemic, it is necessary for
participants in classes, programs and
activities at the Senior Center to pre-
register their attendance with Mary
Beth:
978-468-5595***

the table at the back entrance to the senior center. Bags are left out there for your convenience. Open House will be returning, though not every Wednesday morning. Stay

tuned for an updated schedule. We are also in touch with our podiatrist, and Tech Time coordinator to see if we can bring them back as well.

We are hoping that once we see the schools succeed, it will be safe for us to work towards a full reopening. Although you may not see us, be assured we are all here working to serve your needs. Our staff is in the office and available to meet with you by phone or otherwise if necessary. Please continue to stay safe, strong and healthy. Do not hesitate to reach out to us if we can assist you in any way.