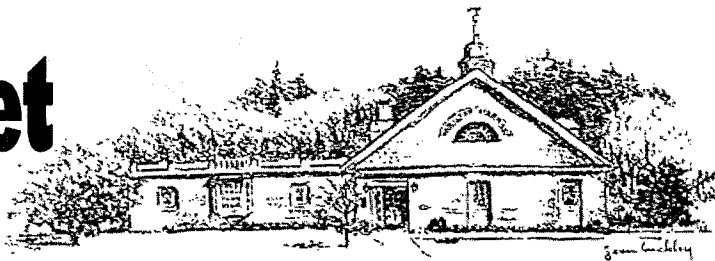


The Hamilton Hamlet

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 Spong

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.

OLDER AMERICANS MONTH



AGE MY WAY: MAY 2022

Greetings! May is here and we are celebrating Older Americans Month with a variety of activities you won't want to miss through the Hamilton COA. We older Americans are a powerful bunch. We carry a substantial clout in voting, waying in on public opinion, and of course in contributing financially to the economy.

An estimated 19.6% of the population in Hamilton are 65 years of age and older. Come join us in celebrating Older Americans Month; a Cinco de Mayo party is planned, a cookout for Hamilton seniors, a cheese tasting contest, a Tea Party at the Wenham Tea House, the May birthday party, as well as a variety of other presentations and gatherings are offered. Feel free to read through this issue of the newsletter and call the Hamilton COA at 978-468-5595 to sign up for as many events you would like to attend. I look forward to meeting with you this month to celebrate Older Americans Month.

Tim Morris, Outreach Coordinator

Why do I need Prescription Advantage?

"Why do I need Prescription Advantage?" This question is often asked. Many say, "I don't need it. I already have a Medicare Part D plan" or "I have coverage from my former employer." Even with Part D or other coverage, **there are many reasons to join Prescription Advantage, including:**

It does not replace your existing coverage, it supplements it;

It can lower your co-pays if you reach that coverage gap, also known as the "donut hole";

It allows you to change your Medicare plan outside of Medicare's open enrollment;

At certain income levels it's FREE!

Prescription Advantage also provides benefits for individuals age 65 and older who are not eligible for Medicare, as well as those under age 65 with a qualified disability.

Find out how Prescription Advantage can help you by **calling 1-800-243-4636** or visiting

www.prescriptionadvantagemma.org

Prescription Advantage is administered by the Commonwealth of Massachusetts Executive Office of Elder Affairs.



In collaboration with Hamilton Police Department, the COA is rolling out the Silver Alert Program. The Silver Alert Program provides support to family members caring for adults afflicted with serious memory impairments such as Dementia and Alzheimer's disease who are "At Risk" for wandering. The Silver Alert program provides the Hamilton Police Department with vital information

about potential "At Risk" residents in the Town who may wonder, or have the potential for getting lost. Registration forms are available at the Hamilton Police Station, Hamilton Council on Aging or online.

May Special Events

Test Kitchen

Thursday, May 3 - June 2 at 3:30 - 4:30 pm

This is an intergenerational program done through the Recreation Dept and the COA. Each class presents with an opportunity to explore new or familiar foods in their raw, unmanipulated state. Then, working as a team, we'll slice, dice, peel, measure, and cook until we've prepared the finished dish. At the end of the class you will receive the main ingredient, or a sample of the finished dish, and the recipe so that you can show off what you've learned. Space is limited so place call to reserve your seat today. 978-468-5595. Class is free.

Cinco De Mayo Party

Thursday, May 5 at 11:00 am

Join us on May 5th as we celebrate Cinco De Mayo with food, games and trivia about the Mexican culture.

Cookout with Firemen

Tuesday, May 10 at 12:00 pm

We are celebrating you on May 10th with a cookout with the Fire Department. Stop by the parking lot around 12:00pm and enjoy burgers, hotdogs, bring a friend and be entered into one of raffles throughout the month.

"National Cheese Day" Cheese Tasting

Monday, May 16 at

Monday May 16th is National Cheese Day! Join us as we taste test different types of cheeses. Bring a friend and be entered into a raffle prize.

Options to Ease Tax Burden

Wednesday, May 18 at 10:30 am

Are you interested in knowing more about abatements, or other options to help ease the tax burden? The Hamilton Assessor and Finance Department will be here to answer your questions.

Lyme Disease Explained

Wednesday, May 25 at 10:30 am

Join us on May 25th at 10:30 as we welcome Regional Nurse, Rachel Lee and Town Nurse, Dawnielle Holloran as they explain all things Tics/Lyme Disease.

Tea Party at Patton Homestead

Tuesday, May 24 at 10:00 am

Join us on May 24th at 10:00 as we celebrate you!!! We will be hosting a tea party at the Patton Homestead. We will have tea, coffee and pastries for you to enjoy. We will also be having a raffle. Please RSVP as space is limited 978-468-5595.



**Let's celebrate the
May birthdays**

**Monday, May 23
2:00 - 3:00 pm**

**Games, Prizes, Fun
and, of course,
Birthday Cake !**

Even if you were not born in April, please come to have fun and celebrate those who were. Please call the COA at 978-468-5595 no later than Friday, May 20 to submit your reservation for this fun event.

The Hamilton Foundation

(THF) was created to help meet unexpected, urgent, and short-term needs of Hamilton residents due to job loss, death, divorce or catastrophic illness. All requests are confidential. Contact Coordinator, Jane Wetson, 978-233-1816. The Hamilton Foundation, c/o Town Hall - P.O. Box 429, Hamilton, MA 0100936.

Through financial support and referrals, THF helps Hamilton residents when unexpected emergencies occur. THF provides up to \$750 for urgent, short term problems such as: Mortgage or rent assistance, Emergency home repairs, Emergency heating and utilities, Temporary transportation, Food and nutrition, Home health care, Prescription medicine and medical supplies.



Movies in May

Showtimes on Thursdays at 1:00 pm

May 5 "CODA" Amelia Jones, Marlee Matlin, Troy Kotsur
Drama, Comedy, Music. This year's Academy Award Winner for Best Picture and filmed in Gloucester. As a CODA (Child of Deaf Adults) Ruby is the only hearing person in her deaf family. When the family's fishing business is threatened, Ruby finds herself torn between pursuing her love of music by to go to Berklee College of Music and her fear of abandoning her parents.

May 12 No Movie today

May 19 "I am Greta"

Documentary. The documentary follows Greta Thunberg, a teenage climate activist from Sweden, on her international

crusade to get people to listen to scientist about the world's environmental problems.

May 26 "Julie and Julia" Amy Adams, Meryl Streep

Drama, Comedy. Frustrated with a soul-killing job, New Yorker Julie Powell embarks on a daring project: she vows to prepare all 524 recipes in Julia Childs' landmark cookbook, "Mastering the Art of French Cooking." Intertwined with Julie's story is the true tale of how Julie Child herself conquered French cuisine with passion, fearlessness, and plenty of butter.

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

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

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.

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/

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

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
Mbta.com/schedules/commuter-rail

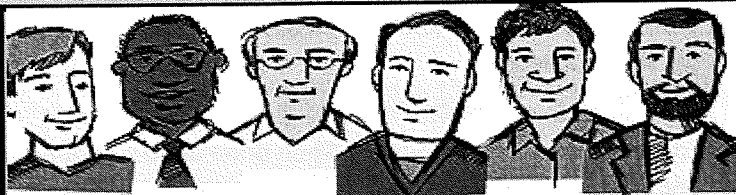
At the Senior Center

Gentle YOGA

stretch • unwind • relax

Tuesdays at 11:30 am

Join Susan Himml for this gentle yoga class, focusing on strength, balance and flexibility. Susan's teaching style is nurturing and supportive, emphasizing alignment and injury prevention. The class also incorporates breath work and deep relaxation. No experience is necessary but you should be able to get up and down from the floor. Please bring a yoga mat, blanket and 2 blocks if you have them. Cost for the class is \$5.00 per class (\$30 per 6 week session).



MEN'S GROUP

Join us on the first and third Thursday of the month at 9:00 am for a men's group. We will be offering coffee and pastry. Join us with old friends and meet new friends to talk about current events, sports, the joys or woes of retirement, grandchildren and any other topics that come to mind.



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.

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, after that \$5 per class

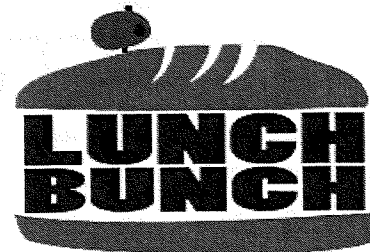
Walking Club



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.



Wednesday, May 11
The Village Restaurant in Essex at
12:30 pm

Sign up at the COA so Dick can reserve a space for our
group. Transportation is on your own but if you don't have
a ride, please let us know.

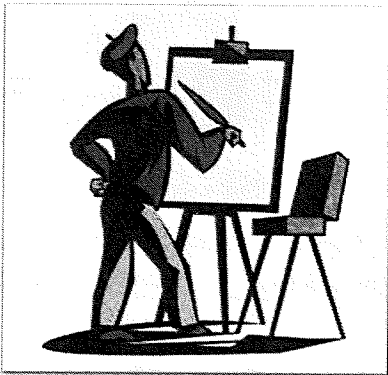
Senior Care has begun serving lunch at the
Senior Center about once a week on Wednes-
days. If you are interested in attending, please
check the schedule for congregate meals and
reserve your place with Albie at 978-468-2616.

At the Senior Center

100 Cups of Coffee



Our new COA Director, Theresa Woodbury has a goal 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. If you'd like to sit down with her, call Theresa at 978-468-5595 to make arrangements.



Art Studio

Fridays
12:30 - 3:00 pm

"Creating art can still the mind and help us tap into our deeper core while allowing for self-expression."

Set aside the time and bring your pencils and paper, chalk, paint, whatever medium you like and join others who like to make art. **This is a drop-in open studio, so come when you can.** With questions, call Linda 978-578-7063 or email: lindaspong@gmail.com



TAKE OFF POUNDS
SENSIBLY

T.O.P.S.

(Taking Off
Pounds Sensibly)

Friday
at 8:45 to 10:00 am

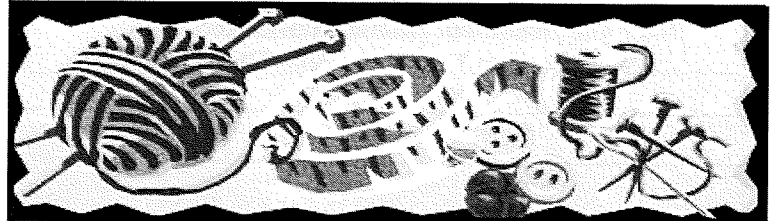
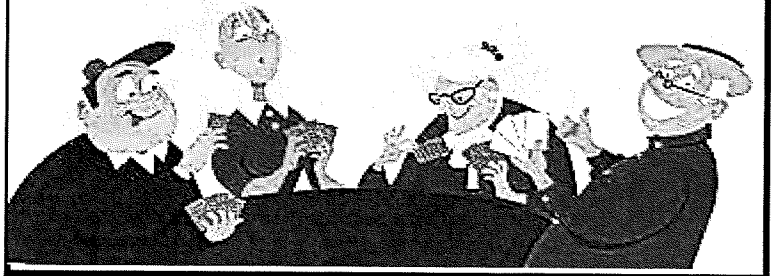
Tops meets at the Hamilton Senior Center every Friday. The first visit is free. Then \$32 per year to join and very small dues. Let's lose weight and have good fellowship together. For more information call 978-468-7253.

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.

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

Deposits, Loans,
and winning
personalities.

**NORTH
SHORE
BANK**

northshore-bank.com



Member FDIC Member DIF
Equal Housing Lender

**HAPPY
MOTHER'S
DAY**

To be a sponsor in the next
Hamilton Hamlet Newsletter!

Please contact Tom Reily 508-336-6633 x 337

FAIRWEATHER APARTMENTS

Danvers | Peabody | Salem | Beverly

Affordable Senior Housing For Over 40 Years

**CLEAN, QUIET,
AFFORDABLE**

Maximum Qualifying Income

- Social Activities
- Small Pets Ok

• 1 Person
Income Limit
- \$45,300

• 2 Person
Income Limit
- \$51,780

Amenities

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

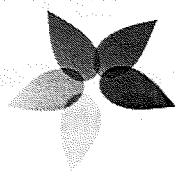


A POAH Community
POAH Communities, LLC



978-744-7835

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



**THE
RESIDENCE**
at Riverbend

*Independent, Assisted &
Memory Care Living*

149 County Road, Ipswich, MA

978-233-4517

www.residencriverbend.com



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/

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

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

Mbta.com/schedules/commuter-rail

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

ARE YOU IN PAIN?

TREATING:
Back Pain
Sciatica
Neck Pain
Shoulder Pain
Headaches
Sports Injuries
Work-Related
Injuries & More



Beckingham
CHIROPRACTIC OFFICE



To Learn More or To
Make an Appointment

**Please Call
978-356-3979**

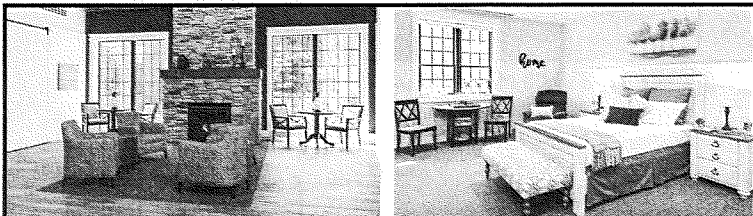
for More Information

130 County Rd, Suite J, Ipswich, MA 02938

www.beckinghamchiropractic.com



To be a sponsor in the next
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.



A Hearthstone-Certified Center of Excellence.
Edgewood is a not-for-profit 501(c)(3) organization.

978-228-3878 | EdgewoodRC.com/TWI-Tour



The Herrick House

89 Herrick Street, Beverly, MA

*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

Beth Israel
Lahey Health

Hamilton Council on Aging

P O Box 429

Hamilton, MA 01936

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.*

Hamilton Senior Center Calendar - May 2022

Mon	Tue	Wed	Thu	Fri
2 1:00 Library Knitters	3 11:30 Gentle Yoga 12:00 Grab n Go Lunch 12:30 Needleworkers 3:30 <u>TEST KITCHEN</u>	4 9:00 COA Board 9:00 Walking Club 10:30 Bingo 11:00 Bridge Group 3:30 Vax Clinic	5 9:00 Men's Group 9 - 12:00 Quilting Group 10:00 Fit Over 50 11:00 <u>Cinco De Mayo Party</u> 1:00 Movie	6 8:45 TOPS 12:30 Art Studio
9 1:00 Library Knitters	10 9:00 Sen. Tarr 11:30 Gentle Yoga 12:00 <u>Firemen's Cookout</u> 12:30 Needleworkers	11 9:00 Technology Help 9:00 Walking Club 11:00 Craft with Barbara 11:00 Bridge Group 12:30 <u>Lunch Bunch</u>	12 9 - 12:00 Quilting Group 10:00 Fit Over 50	13 8:45 TOPS 12:30 Art Studio
16 1:00 Library Knitters 2:30 <u>Cheese Tasting</u>	17 11:30 Gentle Yoga 12:00 Grab n Go Lunch 12:30 Needleworkers	18 9:00 Walking Club 11:00 <u>Ease the Burden Tax Help</u> 11:00 Bridge Group 3:30 Vax Clinic	19 9:00 Men's Group 9 - 12:00 Quilting Group 10:00 Fit Over 50 1:00 Movie	20 8:45 TOPS 12:30 Art Studio
23 1:00 Library Knitters 2:00 <u>Birthday Bash</u>	24 10:00 <u>TEA PARTY</u> 11:30 Gentle Yoga 12:00 Grab n Go Lunch 12:30 Needleworkers	25 9:00 Walking Club 11:00 <u>Lyme Disease Explained</u> 11:00 Bridge Group 3:30 Vax Clinic	26 9 - 12:00 Quilting Group 10:00 Fit Over 50 1:00 Movie	27 8:45 TOPS 12:30 Art Studio
30 MEMORIAL DAY	31 11:30 Gentle Yoga 12:00 Grab n Go Lunch 12:30 Needleworkers	<p>Please Sign up for Underlined Events 978-468-5595</p>		