

H-W Senior Life

October 2024

Hamilton COA 299 Bay Road Hamilton, MA 01982 | 978-626-5240
Wenham COA 10 School Street Wenham, MA 01984 | 978-468-5534

Happy October! October is the start of a busy season for us. October 15th starts Open Enrollment. It runs until December 7th. This is the time to make sure that your prescription plans are up to date, and if you want to make any changes you are able to do them during this time. Appointments are available. Call 978-468-5595 to schedule yours. I will also be offering an Intro to Medicare during Open Enrollment. On **Monday October 21st at 3:00** I will be having an hour long session with q and a. Stop by for an information session on the next steps in turning 65.

August and September brought a lot of fun events to the center. This past month we held the Annual Fireman's Cookout., Thank you so much. . It was a huge success; the heat and rain even held off. The following week we had our Back to School Ice Cream Social. Another successful gathering. We can't thank Cherry Farm Creamery enough for the donation of ice cream and toppings! Everything was delicious.



October is proving to be another busy month! We have numerous things planned for you to enjoy, including Lunch with your Friends, Taco Thursday, Baseball music, trivia and stories. TW & TM



October is filled with so many interesting activities here on the North Shore with many Trustees events, in particular, **Long Hill's Halloween on the Hill**. September 27 – October 27. Check their website for this amazing walk! The **Topsfield Fair** starts on Oct 4th and ends Oct 14th. Sign up for the **North Shore Packathon** for Haiti at Christ Church of Hamilton-Wenham . This inspiring volunteer event takes place on Friday, Oct 18th, 3-5 pm and 6-8pm and Saturday, Oct 19th, 9-11am and 12 - 2pm. Go FutureForwardforHaiti.org to register or donate. \$100 will sponsor one child's lunch for a year.

Due to **Medicare Open Enrollment** from Oct 15 - Dec 7th, Hamilton has one presentation by Theresa Woodbury on Mon, Oct 21st at 3pm. Anyone interested will have the opportunity to learn all the nuances of Medicare from a variety of perspectives. Wenham will host Heather Hurd from Blue Cross Blue Shield who will come to the Wenham COA on Friday, Oct 25th at 10am. Please join us for her overview which will help answer many of your questions and give you the ability to make informed decisions during the Open Enrollment period.

Our outdoor activities like Pickleball on Weds and Fridays will continue until temperatures become inhospitable. Our **Wenham Bocce Championship Tournament** is planned for Oct 3rd followed by an awards ceremony. Acrylic Art class is on the 1st Friday, Oct 4th from 3-5pm and our two Watercolor Classes are on the 2nd and 4th Weds, Oct 9th and the 23rd from 1 - 3pm. Our teachers are excellent and we encourage you to join us. All materials are provided and we accept donations of \$10pp.

All our Grab n'Go lunches are each Weds this month per usual and on Thurs, October 10th we are hosting a Pizza Party at 12 noon just as an informal get together. We welcome people who like to sing to join us on Oct 1st at 10am to **Sing for Fun**. Our **Tai Chi** practice starts at 1pm every Tuesday and we welcome new members. The newsletter lists all the Caregiver Support, Dementia Friends and Low Vision group meetings. All are welcome! Happy Fall!

JR & JM

Wenham Calendar - October

MON	TUES	WED	THURS	FRI
	1	2	3	4
	9:00 - 11:30 Bocce 10:00- Sing for Fun - Folk/ Broadway songs 1pm - Tai Chi for Balance	8:30am Walking Club 9am Pickleball 10:30 Chair Yoga Zoom 10:30am Caregiver Support Group	9am Yoga Dianna (Zoom) 9:00 - 12pm Bocce Championships ~ lunch & awards ceremony. 2-4 pm Senior Scribblers	9am Pickleball 10:00 - Free Library Book Del'ry 1-3 pm Mahjongg 3-5 pm Acrylic Art
7	8	9	10	11
10:30am Chair Yoga Zoom w/ Margaret 12 - 1pm Low Vision Grp 1:30 Cardio Class with Erin	9:00 - 11:30 Bocce 9am - Veteran's Board Meeting 10am - Vet Coffee Social Hour! 11am Sen. Tarr Rep 1pm - Tai Chi for Balance	8:30am Walking Club 9am Pickleball 9:15 Savvy Caregiver Support 10:30 Chair Yoga Zoom 1-3 Watercolor Art Class	9am Yoga Dianna (Zoom) 9:00 - 11:30 Bocce 12:00 Pizza Party	9am Pickleball 10:00am - FREE Library Book Del'ry 1-4 pm Mahjongg
14	15	16	17	18
HOLIDAY <i>Indigenous Peoples Day</i> COA CLOSED	9:00 - 11:30 Bocce 1pm - Tai Chi for Joints 10am - Dementia Friends Talk	8:30am Walking Club 9am Pickleball 10:30am Chair Yoga Zoom	9am Yoga Dianna (Zoom) 9:00 - 11:30 Bocce 2-4 pm Senior Scribblers	9am Pickleball 10:00am - FREE Library Book Del'ry 1-4 Mahjongg
21	22	23	24	25
10:30am Chair Yoga-Zoom with Margaret 1:30 Strength Class with Erin	9:00 - 11:30 Bocce 1pm - Tai Chi for Balance	8:30am Walking Club 9am Pickleball 9:15 Savvy Caregiver Support 10am SHINE 10:30am Chair Yoga 1-3 Watercolor Art	9am Yoga Dianna (Zoom) 9:00 - 11:30 Bocce	9am Pickleball 10:00am - FREE Library Book Del'ry 10am - <u>Medicare</u> Explore Plan Choices 1-4 pm Mahjongg
28	29	30	31	
10:30am Chair Yoga-Zoom with Margaret 1:30 Flexibility Class with Erin	9:00 - 11:30 Bocce 1pm - Tai Chi for Balance	8:30am Walking Club 9am Pickleball 10am SHINE 10:30am Chair Yoga Zoom	9am Yoga Dianna (Zoom) 9:00 - 11:30 Bocce	

Hamilton Calendar- October

MON	TUES	WED	THURS	FRI
	1	2	3	4
	9:00 Yoga 10:15 Balance Class 12:00 Lunch* 12:30 Needle workers 1:00 Ping Pong	9:00 COA Board 10:30 Bingo 11:15 Pickleball 12:00 Lunch* 12:30 Bridge	9:00 Men's Group 12:00 Lunch*- Taco Day 1:00 Fit over 50	8:45 Tops 9:00 Quilting 10:00 Bridge Class 12:30 Art Studio
7	8	9	10	11
10:00 Qigong 11:30 Lunch w/ your friends 12:30 Accord 12:30 Knitters Trip to Scarecrow Hill	9:00 Yoga 10:15 Balance Class 12:00 Lunch* 12:30 Needle workers 1:00 Ping Pong 3:00 Nasa	10:30 Crafts w/ Barbara 11:15 Pickleball 12:00 Lunch* 12:30 Bridge 4:00pm Star Trek Movie	10:00 Baseball Show 12:00 Lunch* 1:00 Fit over 50	8:45 Tops 9:00 Quilting 9:00 Dr. Van Ness 10:00 Learn to Play Bridge 12:30 Art Studio
14	15	16	17	18
COA Closed	9:00 Yoga 10:15 Balance 12:00 Lunch* 12:30 National Dessert Day 12:30 Needle workers 1:00 Ping Pong 4:00 Flu Clinic	10:30 Dan Tremblay 11:15 Pickleball 12:00 Lunch* 12:30 Bridge	9:00 Men's Group 10:00 Eye Dr. Presentation 12:00 Lunch* 1:00 Fit over 50 2:30 Intro to Medicare	8:45 Tops 9:00 Quilting 10:00 Learn to Play Bridge 12:30 Art Studio
21	22	23	24	25
10:00 Qigong 12:30 Accord 2:30 Knitters 3:00 Intro to Medicare	9:00 Yoga 10:15 Balance 12:00 Lunch 12:30 Needle workers 1:00 Ping Pong	10:30 Open House 11:15 Pickleball 12:00 Lunch* 12:30 Bridge	10:00 Kev Tech 12:00 Lunch* 1:00 Fit over 50	8:45 Tops 9:00 Quilting 10:00 Learn to Play Bridge 12:30 Art Studio
28	29	30	31	
10:00 Qigong 12:30 Knitters 2:30 Pumpkin Decorating and Party	9:00 Yoga 10:15 Balance 11:30 Lunch 12:30 Flu Clinic	10:30 Open House 11:15 Pickleball 12:00 Lunch* 12:30 Bridge	12:00 Lunch* 1:00 Fit over 50	

Hamilton COA Ongoing Events

Weekly Events

Knitters

Monday 12:30 - 2:30 pm

Stop by on Mondays and join our knitting group. Bring a project you have been working on or start a new project.

Qi Gong

Monday 10:00am - 11:00am

Taught by Nancy Doyle, the class is geared towards all levels of experience. Drop in class \$5 donation

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. \$5.00 donation requested. No sign up is needed.

Balance

Tuesdays 10:15 - 11:00

Strengthen your body and your balance all in one class! The stronger your balance is, the safer daily activities become. This low impact class is designed to increase muscular strength and develop confidence through different balance activities. \$5.00 donation requested

COA Needleworkers

Tuesdays 12:30 - 3:00pm

Bring your knitting, sewing, quilting, embroidery, hooking or craft and enjoy working on your project. This is a drop-in group.

Ping Pong Table

Tuesday at 1:00pm

Did you know we have a brand new ping pong table? Thank you to our **Friends Group** who purchased it!!! Ping pong is played every Tuesday at 1:00pm. Bring a friend for some friendly competition.

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.

Fit over 50

Thursday @ 1:00pm

Join Erin on Thursdays for her popular Fit over 50 Exercise class. \$5 donation requested

Quilters Group

Friday 9:00am - 12:00pm

Bring your sewing machine and your latest project for a morning of quilting. Machines are available.

Bridge Lessons

Fridays 10:00am

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

Get your Art on

On-going Fridays at 12:30pm

Artist's Open Studio meets on Fridays. Bring your own materials in any medium. This is a drop-in open studio, so come when you can. Any questions, please call 978-626-5240

Monthly Events

Men's Group

Join us on the first and third Thursdays of the month (October 3rd & 17th) at 9:00am for a men's group. We will be offering coffee and pastries.

Book Group

Tuesday October 8th 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.

Dan Tremblay

Dan will be coming on October 16th. Stop by at 10:30 to see the movie and for discussion.

Wenham COA Weekly Events



NEW Exercise Class with Erin every Monday at 1:30pm. Balance ~ Strength ~ Flexibility ~ Cardio all intended to improve endurance. Exercise Together with or without a chair. To compliment this class it's offered additionally on Thursday at 1pm at the HCOA. \$5pp

Tai Chi Class

Every Tues at 1:00pm

October 1, 8, 15, 22, 29

We will follow our Tai Chi master's instructions on DVD at WCOA. Virtual Yoga Mon & Weds at 10:30am **Breathe, Stretch, Balance and Energize** with Margaret. Email: blisspolarity@gmail.com;

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 Tuesdays at 1:00 pm. Contact Dianna for information on these classes by contacting Dianna!

diannadaly@gmail.com or call me (978) 468-5529 with any questions on our exercise program. We hope to come inside some time soon!

Art Classes

TWO Watercolor Art Classes with Marion Rayner - On Weds, **October 9th and 23th from 1-3 pm**. Marion Rayner will teach us watercolor techniques while she demonstrates. Supplies are included. We begin painting at 1 pm. We welcome HW seniors & beyond! Call 468-5534 to sign up. \$10/pp

Acrylic Painting with Aleah - Our next acrylic paint class is at the WCOA. **Friday, Oct 4th 3-5 PM** Aleah is a great artist/ teacher. Call us at (978) 468-5529 to sign up \$10/pp.

Pickleball outdoors will happen twice a week on both Weds and Fri at 9am, weather permitting. We will work with other residents who choose this early time but please join us!

Bocce 2024 Bocce Championships-Oct 3 9-noon. Weekly Tues & Thurs depending on weather. All Hamilton and Wenham residents are welcome. You can come not knowing anything about bocce and leave as a lifetime lover of bocce.

Dementia Friends Intro Session Tuesday October 15th from 10-11 am

How do we talk to a loved one showing memory loss? What resources are available? 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 closed.

Walking Group

Weds 8:30 - 9 am

Mahjongg

Fridays 1-4pm

Pickleball - COA

(WVIS) Weds & Fri 9am

Caregiver Support Group

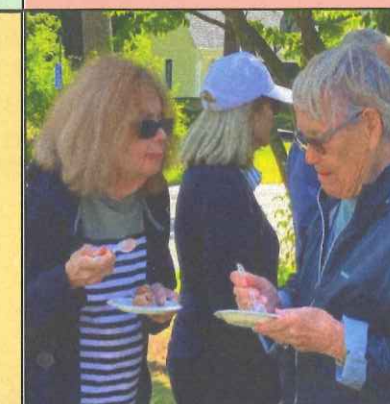
10 School St, Wenham

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 and leave a message for Jenn Flynn



October Lunches 12pm "Grab n'Go"

Oct 2 Weds- Grilled Chicken w/ Apricot Sauce, Rice Pilaf, Broccoli, MG Bread & Cookie.

Oct 9 Weds- Beef Stew with Celery, Carrots & Onions, Mashed Potatoes, Cornbread and Chocolate Pudding.

Oct 16 Weds- Pollack with Garlic & Lemon Butter, Brown Rice, Creamed Spinach, Vienna Bread and Gelatin.

Oct 23 Weds- Gnocchi with Mushroom cream sauce & Pork, Roasted root vgs., Butternut Squash, Pumpkin Pie.

Oct 30 Weds- Grilled Chicken with Greek Sauce, (Spinach, Feta, Peppers, Olives), Orzo,

Special Events - Hamilton



Tablet Update

We still have tablets and Chromebooks available to lend out. We ask that you sign them out for a month at a time. When you bring it back as long as there isn't a waiting list you can borrow another one. You are able to get online, send emails, read books and other things with the tablets/Chromebooks.

KevTech

October 24th @ 10:00am
Kevin from KevTech is joining us for Back to Basics this month. Stop by for Apple iPhone and iPad 101.

Did you know?

Not all of our events are planned out before the deadline to submit to the newsletter. But we do make up flyers that are now in the entry way of the Center. We also try our best to post on Facebook.

Lunch with your Friends: Monday October 7th @ 12:00

Bring a friend to the center for lunch or come on your own and meet a new friend. Lunch with friends is a special lunch sign up is required.

Thursday October 3rd: Tacos for Lunch 12:00pm

Join us for National Taco Day. We will have all the fixings to make tacos. Sign up and bring a friend to enjoy Taco Thursday.

October 7th- 11th National Space Week: Wednesday Oct. 9th @ 4:00

Join us for a special movie. Sign up is required.

Musical Baseball Show Thursday October 10th Join us as we welcome Howie Newman, Music, Comedy and More.

Baseball songs, baseball trivia and stories about his day as a sportswriter on the Red Sox Beat.

National Dessert Day Tuesday October 15th 12:30pm

Join us for National Dessert day. Starting at 12:30-1:30 we will have an array of desserts. Brownies, cookies and lemon bars galore. Stop by and have coffee/tea and dessert with us. Sign up required.

Flu Clinic

Tuesday October 15th,
3:30-5:30pm
Flu Clinic will be held by the Public Health Nurse on October 15th. Please see the town website in order to make an appointment. If you need additional help, please call 978-468-5595.

Eye Doctor Presentation: October 17th @ 10:00am

Join us on October 17th for a presentation about the importance of eye care. Why you should be going regularly for eye exams, what they are looking for and what can be done for it. Reservation required.

Halloween Party & Pumpkin Decorating:

Monday October 28th @ 2:30
Join us in your best costume to decorate pumpkins and have a Halloween Party. Prizes will be given for best custom, as well as best pumpkin. Let us know you are coming.

Starting the beginning of October: We will be collecting your favorite recipes for National Cookbook month. As you turn in your recipes we will be putting them together for a Cookbook. Recipes can be emailed or dropped off at the Center, but must be turned in by Friday October 18th. We ask that if you hand write them that they are easy to read. "Cookbook" will be ready to pick up the beginning of November.

Scarecrow Hill Chester New Hampshire October 7th

Join us for a trip to Scarecrow Hill in Chester New Hampshire. This annual fundraiser brings the town of Chester together by creating Scarecrows around town. Lunch is on your own when we get to the restaurant. Space is limited so call up today.



Morris FUNERAL HOME

John A. Morris
FUNERAL DIRECTOR
978-356-2422
www.morrisfh.com
45 North Main St., Ipswich

SUPPORT OUR
ADVERTISERS!

COMMUNITY LIVING AT ITS BEST



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

CALL 978-372-3930

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Lisa Templeton

ltempleton@lpicommunities.com

(800) 477-4574 x6377

SeniorCare

Elder Services | Information | Solutions

Serving the
North Shore Senior Community Since 1972

Call Us First! 978-281-1750

www.seniorcareinc.org

SUPPORT THE ADVERTISERS that Support our Community!

Special Events - Wenham

A Christmas Carol at North Shore Music Theater. Wed Dec 11 2:00 pm
Group rate and Wenham COA supported \$48 pp. Contact: jmaurand@wenhamma.gov - to sign up.

SHINE Open Enrollment runs from Oct 15th - Dec 7th.

In October, we will be scheduling up to 4 appointments each Wednesday starting at 10am on October 23rd and 30th.

If you need a "plan search" due to changes in your prescription drugs, please either call me for an email copy of the form or come by the Wenham COA and pick up a form called **Your Medicare Plan Comparison**. When the form is filled out you can return in a sealed envelop to me and I will send it to Marylou Fierro. She can then send results securely by email to you or by mail if you prefer.

Future Nov/Dec dates for these SHINE appointments will be on Weds, November 6, 13, 20, 27 and December 4.

TOPSFIELD FAIR (SEE BELOW)

Heather Hurd, a Senior Plan Consultant with BCBS will give a 45 minute presentation on Medicare Supplement Plans or Medicare Advantage Plans? The Choice is Yours? Friday Oct 25th at 10am.

Bocce Championships! will be held on Thurs, October 3rd from 9:00 -12:00 at WCOA. A lunch and raucous awards ceremony will be held following the competition at the WCOA!

Low Vision Group Mon October 7th at noon. Participants share ideas of new technology and assistance. Lunch served. **Please register at 978-468-5529**

iPad, iPhone, Laptop Help with Paul

Paul's sessions are 1 hour. Sign up by calling Jim at 978-468-5529.

Sing Together! We will sing folk songs and show tunes. **Tues, October 1st** at 10am at WCOA

Tai Chi classes for ages 60+ David Dorian-Ross leads us on screen every Tues at 1 pm.

Jessie Palm, LICW
Jessie can address issues specific to social services. housing & social service advocacy. October 7th from 11:30am - 1pm

Pizza Party
Join us for an informal lunch gathering at the WCOA starting on Oct 10th at 12 noon. Call Cathie at 978-468-5534

Pickleball (Wenham)
Tea House Courts - Wed and Fri 9:00am in October. All are welcome!

Book Deliveries
Friday home deliveries for anyone interested in memory kits, books, DVD's from the library. Call (978) 468-5577.

Senior Scribblers - Our writing group for all levels. Meets on Oct 10th and 24th from 2-4pm. Contact Barrie L. essexarrow@aol.com

Caregiver Support
Our caregiver support group will meet on the first Wednesday - Oct 2nd 10:30am. Jenn Flynn from SeniorCare, facilitates this group. 978-281-1750

Health & Wellness

Used Medical Equipment - Wenham COA has used medical equipment such as commodes, rollators, shower chairs, transport chairs and wheelchairs. (978) 468-5529

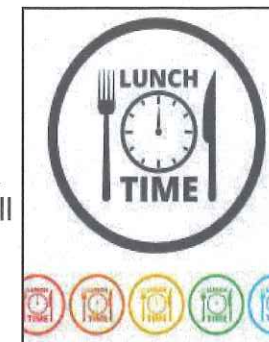
SHINE - Hamilton residents call Theresa (978) 626-5240 Wenham residents call Jim 978-468-5529 to make an appointment w/ Mary Lou Fierro on the first Tuesday each month from 10:00-12:00

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 978-626-5240 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 both towns every other month. **Wenham is October 7** from 9:15 - 11:30am (978) 468-5534. Dr. VanEss is coming to **Hamilton on October 11** from 9 -12:00pm. Call today for an appointment. (978) 468-5595

SeniorCare is serving "in person" lunch at the Hamilton Senior Center on **Tuesday, Wednesday and Thursday**. If you are interested, check the menu at the end of this newsletter or Senior Center for congregate meals and reserve your place with Albie. (978) 468-2616

SAVVY CAREGIVER
Free 6 WEEK *ADRD Caregiver Training Workshop will start again via zoom. Date and Time to be determined with Abby Conside. These Workshops are being scheduled at other COA's so call (978) 281-1750 x581 for more info. Learn to take control and set goals, communicate more effectively, learn new skills, feel better, strengthen family resources and take care of you!

Blood Pressure: If you would like to have your blood pressure checked please reach out to the center so we can connect you with Kelly Roller our nurse.

Wenham Transit
Call (978) 468-5534
(Wenham residents **only**)
Safe, convenient transportation

Hamilton, Manchester, Essex, Ipswich, Danvers, Peabody, Beverly, Topsfield

Monday - Friday
8am - 4pm



Topsfield Fair - Friday, October 4th through Monday, October 14th

Monday, October 7th. Sensory Day is an opportunity for a more sensory sensitive experience to the Topsfield Fair for families who have family members with autism or sensory processing disorders. Vendors will have no flashing lights, music or announcements. Sound for entertainment and stages will be lowered and announcements on the grounds will be limited and turned down as well. This will be held on the first Monday of the Topsfield Fair.

Dementia Friendly (DF) Fair Tips

- Avoid the lines! Pre-purchase Fair tickets at participating locations, online, or the Fair's Main Gate Ticket Booth.
- Enter through Lot A, River Gate.
- Smaller crowds traditionally on 1st Monday.
- Rainy days are great low-crowd days.
- Buildings open at 10am or 11am, but gates open one hour before! Come early!
- DF menus available at the Whoopie Wagon, B'nai Brith and Topsfield Congregational Church Booth, and marked with the DF flower logo.



Wenham Transit - Weekly Shuttle Service

Wenham Transit will be making trips to various popular shopping centers in some cases twice a month. We also have plans to bring trips back to various local museums and historic sights once a month. \$5 per trip.

- Walmart Danvers - 2nd & 4th Thurs leaving at 1pm from Wenham
 - Market Basket, Ocean State, Job Lot & Savers - 3rd Thurs leaving at 1pm
 - Aldi, Target, Best Buy, Trade Joes & TJ Maxx - 1st & 3rd Fri at 1pm
 - Dollar Tree in Beverly by the RR track on Cabot St - 2nd Friday at 1pm
 - Dollar Family and Big Lots, off Route 1, near Home Depot in Danvers - 2nd Tues 1pm
- ~ CALL TO RESERVE A SEAT. (978) 468-5534 ~



Friends of the Hamilton COA

It's that time a year again! The Friends of the Hamilton COA are back to meeting and planning events for this year. As a reminder the Friends help support activities at the Senior Center.

Last year they sponsored a Ice Cream Party, Casino Trip, a new Ping Pong table and the Holiday Party in December. This year they helped spruce up our Coffee Bar and will be sponsoring our Holiday Party.

It is now time to renew your Friend's Membership! Renewing is simple-stop by the Senior Center and fill out the information. Being a member helps support the different programming, as well as helps with incidental purchases for the Senior Center.

Stop by for more information on how you can help!



**SUPPORT THE
ADVERTISERS
that Support our
Community!**

Notes from Outreach, Veterans & State officials

**What do I need to know about Medicare Open Enrollment?
Medicare Open Enrollment: October 15 – December 7.
SHINE counselors can help you with all things Medicare**

Your health insurance costs are an important part of your budget and Medicare Open Enrollment is your opportunity to review your Medicare plans with a SHINE counselor to see what you can expect with your current plan in 2025, or to learn about all options that may be most cost-effective for you. You may also benefit from cost-savings programs which a SHINE counselor will explain to you.

**Medicare plans can change annually, and changes are expected for 2025.
This can affect your health care and drug costs.**

SHINE = Serving the Health Insurance Needs of Everyone...on or eligible for Medicare.

Certified SHINE counselors are available all year, and offer free, unbiased confidential counseling on all aspects of Medicare health insurance. Call 978-468-5595 for an appointment.



I was just thinking

...about 911 or is it 9/11? 911 is the number we use to call for help. 9/11 is the day when as a nation our cry for help was overwhelming. Twenty three years have passed since the World Trade Towers fell, the Pentagon was penetrated and flight 93 crashed in Shanksville, PA. At the dedication of the 9/11 Museum and Memorial Reflecting Pool Alice Greenwald the museum's first director said, "We live in a world that was and is defined by this event, and in a sense we are all survivors." The survivors Greenwald cites are not those who are sensationalized on TV. They are men and women whose lives are marked indelibly by thoughts, feelings, and physical trauma. Those who responded to the cries for help on 9/11 chose to be carriers of life as they entered the towers, the Pentagon and the wreckage of flight 93. They chose to touch those whom death touched. I wonder how a person prepares for a moment that is laden with finality? Fr. Mychal Judge served as Chaplain to the NYFD. As he was in the lobby of the North Tower administering Last Rites to a Fire Fighter, he was struck by a slab of concrete and died. In his wallet was a prayer he wrote. Lord take me where You want me to go; Let me meet the people You want me to meet; Tell me what You want me to say, keep me out of Your way. AMEN. These words were etched into his heart and soul and his life concluded with an AMEN.

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

Heather Hurd, Senior Plan Consultant from Blue Cross Blue Shield of Massachusetts will be here on **Friday, October 25th from 10am-11am** for her presentation titled:

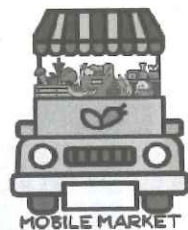
Medicare Supplement Plans or Medicare Advantage Plans? Which Coverage is Best for Me?

This is the #1 question most people have when deciding on the coverage that is best for them. This presentation will discuss the differences between Medicare Supplement and Medicare Advantage plans, show real life case studies and provide resources to help in the decision process. This presentation is great for people new to Medicare and also for existing Medicare members that will have the option to make changes to their plan during the Annual Election Period from October 15th through December 7th or during the Medicare Advantage open enrollment period from January 1st through March 31st.

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 Street South 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 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 Mondays in October
October 7 & 21

12:30 - 1:30 pm Join us as 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. Just stop by and grab what you need. Mobile market starts at 12:30 and runs only until 1:30. Please bring your reusable bags.

Veteran's Committee of Wenham

Meets the 2nd Tuesday of every month at WCOA
9 am Business meeting
10 am Coffee **All Veterans** are invited to come and meet, Vee, from **Cape Ann Veteran Services** 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.

Jessie Palm, LICSW has office hours in Wenham to discuss any social service issues you are having on Oct 7th from 11:30am - 1pm

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 reply)

Podiatrist - Dr. VanEss. Wenham COA is October 7th. Call 978-468-5534 to make your reservation. **HCOA** is Friday October 11th from 9am -12pm. Call to make an appt. (978) 626-5240.

Low Vision Group meeting in Wenham will be held on Mon, Oct 7 at 12:00pm. We will be exploring **NEW** topics for our lunch discussion which we feel complements our discussion.

“How do I know if assisted living is right for my mom?”

When someone you love is struggling to live on their own, you're bound to have questions.

Small-home assisted living and memory support at The Woodlands Inn provides just the right amount of personalized assistance to help residents thrive. **To learn more and get answers to your questions, call 978-725-3300.**



575 Osgood Street
North Andover, MA 01845
TheWoodlandsinn.org

Edgewood is a not-for-profit 501(c)(3) organization.

SUPPORT OUR ADVERTISERS!

GLENN BATTISTELLI

Since 1974
For all repairs - major or minor - deal directly with the owner!
ROOFING • CARPENTRY • PAINTING
VINYL SIDING • WINDOWS & MORE
978-922-6338
www.glennbattistellilc.com

THINKING OF SELLING YOUR HOME?

Call Pam Carney Today.

PAM CARNEY

Hamilton Wenham Sales Specialist Since 1987



CARNEY REAL ESTATE

office 978-468-7074 • cell 978-578-3578
51 Cherry St. Wenham • carneyrealestate@comcast.net

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

October Preliminary Menu— Meals on Wheels and Congregate

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Stew Mshd Potato Cornbread (210) Choc Pudding	3 Stuffed Shells w/Marinara* Caesar Salad Garlic Roll Applesauce	4 Breaded Chick- en w/Rosemary* Green Beans Butternut Vienna Bread	5 Teriyaki Pork* Lo Mein Veg Blend Oat Bread	6 Lentil Stew Brown Rice Br Sprouts WW Roll Cookie
9 Holiday No Meals Served	10 Pot Roast w/ Gravy* Mshd Potatoes Root Veggies Roll	11 Hot Dog* Bkd Beans Coleslaw Roll Warm Apples	12 Chicken Salad Pesto Pasta Tomato Soup Multigrain Brd Ambrosia	13 Calypso Salmon Rice & Beans Broccoli WW Bread Brownie
16 Turkey w/ Gravy* Mshd Potato Honey Carrots LS Bread Applesauce	17 Meatballs w/ Marinara Tater Tots Mixed Veg Roll Mandarins	18 Frittata Spinach Salad Rstd Potatoes Fruit Loaf Yogurt Juice	19 Beef Stroga- noff Noodles Br. Sprouts WW Bread Cake	20 Chicken Kiev Swt Potatoes Cauliflower WW Roll Fresh Fruit
23 Macaroni & Cheese* (650) Peas (60) Rye Bread (150) Pineapple (5)	24 Lemon & Garlic Fish w/ Vegetable Rice Soup OR Egg Salad <i>See alternative menu.</i>	25 Meatloaf w/ Gravy Mshd Potatoes Green Beans Oat Bread Gelatin	26 Special: Butter- nut Squash Ravioli Sausage Broccoli Rabe Cookie Garlic Roll	27 Southwest Chicken Garden Salad* Corn & Black Beans Pita Bread Chilled Fruit
30 Chicken Pic- cata Pasta Veg Blend MG Bread Chilled Fruit	31 Shepherd's Pie Biscuit Pudding Candy	Total Calories, Na and Carb include: Entrée, sides, dessert, fruit, bread, milk & margarine. Sodium (Na): Milligrams noted in parenthesis. *High sodium item (>500mg) **High sodium meal (>1200mg) Menu Subject to Change Without Notice		

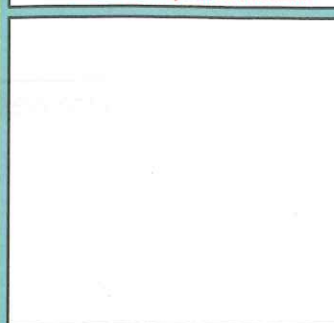
Looking for Wenham's Grab & Go? It is every Wednesday-Please call 978-468-5534
Hamilton offers congregate lunches on Tuesday, Wednesday and Thursday of every week. Reservations are required, and can be made by calling Albie at 978-468-2616
Looking for Meals on Wheels: Meal's on Wheels can be setup by calling Senior Care at 978-281-1750 and asking for the intake department.



ACE HANDYMAN SERVICES
An ACE Hardware Company
Home Repairs & Improvements
Carpentry · Painting · Stairs · Doors
Floors · Gutters · Fences · Drywall repair
Call 978-775-2210
essexcountynorth@acehandymanservices.com
www.AceHandymanServices.com

BEVERLY CRAFTSMAN HOME SERVICES
-Drywall -Carpentry -Painting
-Small Jobs -Home Repairs
978-233-1767
BeverlyCraftsman@gmail.com
Licensed and Insured

THE RESIDENCE
at Riverbend
Independent, Assisted
& Memory Care Living
978-356-1300
149 County Rd, Ipswich



IF YOU LIVE ALONE
MDMedAlert!™ STARTING AT \$19⁹⁵/mo.
At HOME and AWAY!
✓ Ambulance ✓ Police ✓ Family
"STAY SAFE in the HOME YOU LOVE!"
✓ GPS & Fall Alert
800.809.3570 md-medalert.com

BOSTON
PHYSICAL THERAPY & WELLNESS
SERVING THE GREATER BOSTON AREA
Arlington-Hamilton-Medford-Norwood-South Boston-Winchester
781-874-9294

DOG COACH
Stay Safe & Agile: Train Your Dog
CoachYourDog.com/COA
Obedience - Behavior Modification

Remodeled. Reimagined. Refined.
Now Open Under New Ownership.
THE CURRENT BEVERLY
Schedule a Tour Today!
978-993-5196
www.thecurrentbeverly.com

FREE AD DESIGN
with purchase of this space
CALL 800-477-4574

ADT-Monitored Home Security
Get 24-Hour Protection From a Name You Can Trust
• Burglary • Flood Detection
• Fire Safety • Carbon Monoxide
ADT Authorized Provider SafeStreets
833-287-3502

SUPPORT OUR ADVERTISERS!

Hamilton COA
299 Bay Road
S. Hamilton, Ma. 01982

Pre-Sorted Standard
U.S. Postage Paid
Permit #24
Hamilton, MA 01936



Deliver to addressee or current resident

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

Peter Meo
Catherine Minnetyan
Kelly Roller
Laura Studley

299 Bay Road, Hamilton, Ma. 01982
978-626-5240

Wenham COA

Director: Jim Reynolds
jreynolds@wenhamma.gov

Outreach Coordinator: Jeanne Maurand
jmaurand@wenhamma.gov

Van Scheduling/Administration:
Cathie Tomasello

Van Drivers:
Bob Gray

Barry Michaud
John Lincoln

Board:
Debbie Aminzadeh
Gretchen Muschamp
Barrie Levine

10 School St, Wenham, Ma. 01984
978-468-5534