

# H-W Senior Life

## December 2024

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



As many of you know Cathie Tomasello our hard working and ever present secretary who worked with me for 11 years, passed on November 3rd. We held a **Celebration of Life Ceremony** at **First Church in Wenham** on November 15th. Cathie will always be remembered for her kindness to others, her sense of humor, her loyalty and her work ethic. We will miss her terribly, but she is at Peace and her passing brought her no suffering.

One of Cathie's favorite events pre-pandemic was our **Hart House Luncheon**. The luncheon will be December 12th at 12pm at 1640 Hart House in Ipswich. We will be raffling off some fun holiday gifts and prizes. Call in and sign up for your meal choice: Baked Haddock, New York Strip Sirloin or Roasted Chicken by Dec 4th.

A highlight of every month is our **Caregiver Support Group** on Weds, Dec 4th at 10:30am and our **Low Vision Group** on Monday Dec 9th at 12pm. Please call and join us particularly if you live in Hamilton or Wenham and are dealing with vision issues or you are caring for a loved one at home and looking for some support. You are not alone and finding solutions often tends to come from others who are sharing similar experiences.

**Make Peace with Organizing** with Rachel Carlino-Dangora last month was excellent. She has a staff of 15-20 people all who specialize in different areas of clearing out your home. She stresses adopting systems for addressing the most important obstacles getting in the way of organizing your home. Call me if you want to discuss your situation. We've had many talks on the subject and hers was

Happy December-

I can not believe that the year is almost over. Open Enrollment has been successful. As a SHINE Counselor I met with over 150 residents to ensure that they are on the correct Medicare plans. Thank you for everyone's patience during this time.

December we have a lot of special programs coming to the center. It will all be all about the Holidays. We will start the month off on December 2nd with a documentary about how the holiday's are celebrated across the world. On Friday December 6th we will have a door swag class. Sponsored by the Friends of the Hamilton COA join us as we welcome Evergreen Tree Farms to help us create our own door swag. There is a cost for this event and reservations need to be made ahead of time as space is limited.

December 10th we will be creating Gingerbread houses. We will have everything that you need here. Join us with a friend or on your own, bring it home or leave it here to display enjoy the afternoon of decorating.

Once again our Friends Group is sponsoring our Holiday Party. Join us at the Community House on the 17th starting at 12:00pm. Lunch from the Causeway will be served and Entertainment will be provided. Reservations are required. Priority goes to Hamilton residents as space is limited. If you are not a Hamilton resident and would like to go we kindly ask that you become a member of our Friends.

The fun continues on December 30th when we host a New Year's Eve Party. We will serve lunch, have party hats and other New Years Eve fun (think poppers and confetti). Watch the ball drop with us.

We hope that you can attend some of the events with as we celebrate the end of a year and start of a New Year.

# Wenham Calendar - December

MON	TUES	WED	THURS	FRI
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
10:30am Chair Yoga-Zoom with Margaret 1:30 <b>Exercise</b> Class with Erin	10 am - Christmas Caroling 1pm - Tai Chi for Balance 2pm - Outdoor Clean up	9:00am Walking Club 10:30am Caregiver Support Group 10:30 Chair Yoga (Zoom every week) 1-3 Watercolor Art Class	9am Yoga Dianna (Zoom) 10-12 Bocce-HCOA 11-1pm Pickleball	10:00 - Free <b>Library Book Delivery</b> 10am Cribbage 12:30-3 Mahjongg 3-5 pm Acrylic Art
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
10:30am Chair Yoga Zoom w/ Margaret 11:30-1:00 Jessie Palm Soc Worker 12 - 1pm Low Vision Group 1:30 <b>Balance</b> Class with Erin	9am - Veteran's Board Meeting 10am - Vet Coffee 1pm - Tai Chi for Balance	9:00am Walking Club 10:30 Chair Yoga (Zoom every week)	9am Yoga Dianna (Zoom) 10-12 Bocce-Inside HCOA 11-1pm Pickleball Rec Dept <b>12pm - Holiday Luncheon</b> at the 1640 Hart House	10:00am - FREE <b>Library Book Delivery</b> 10am Cribbage 1-4 pm Mahjongg
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
10:30am Chair Yoga-Zoom with Margaret 1:30 <b>Exercise</b> Class with Erin	10:00 Games Backgammon 1pm - Tai Chi for Joints	9:00am Walking Club 9:15 Savvy Caregiver Support 1-3 Watercolor Art Class	9am Yoga Dianna (Zoom) 10-12 Bocce HCOA 11-1pm Pickleball	10:00am - FREE <b>Library Book Delivery</b> 10am Cribbage 1-4 Mahjongg
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
10:30am Chair Yoga-Zoom with Margaret 1:30 <b>Endurance</b> Class with Erin	10:00 Games Checkers 1pm - Tai Chi for Balance	<b>Christmas Holiday</b>  <b>WCOA Closed</b>	9am Yoga Dianna (Zoom) 10-12 Bocce-HCOA 11-1pm Pickleball	10:00am - FREE <b>Library Book Delivery</b> 10 am Cribbage 1-4 pm Mahjongg
<b>30</b>	<b>31</b>			
10:30am Chair Yoga-Zoom with Margaret 1:30 <b>Flexibility</b> Class with Erin	10:00 Games Scrabble 1pm - Tai Chi for Balance			

# Hamilton Calendar- December

MON	TUES	WED	THURS	FRI
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
10:00 Qigong 12:30 Acord 12:30 Knitters 3:00 Travel Documentary	9:00 Yoga 10:15 Balance 12:00 Lunch 12:30 Needle workers 1:00 Ping Pong 3:00 Christmas Carols	9:00 COA Board 10:30 Bingo 12:00 Lunch* 12:30 Bridge	9:00 Men's Group 10-12 Bocce Inside 10:00 KevTech 11:00 Pickleball Rec Center 12:00 Lunch* 1:00 Fit over 50	8:45 Tops 9:00 Quilting 10:00 Bridge Class 12:30 Art Studio 2:00 Door Swag
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
10:00 Qigong 12:00 Baked Potato Bar 12:30 Knitters	9:00 Yoga 10:15 Balance Class 12:00 Lunch* 12:30 Needle workers 1:00 Ping Pong 2:30 Gingerbread Festival	10:30 Crafts 12:00 Lunch* 12:30 Bridge	10-12 Bocce Inside 11:00 Pickleball Rec Center 12:00 Lunch* 1:00 Fit over 50	8:45 Tops 9:00 Quilting 10:00 Learn to Play Bridge 12:30 Art Studio
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
10:00 Qigong 12:30 Acord 12:30 Knitters 2:00 Christmas Games 3:00 National Lampoon Movie	9:00 Yoga 10:15 Balance 12:00 Holiday Party 12:30 Needle workers 1:00 Ping Pong	10:30 Dan Trembly 12:00 Lunch* 12:30 Bridge	9:00 Men's Group 10-12 Bocce Inside 11:00 Pickleball Rec Center 10:00 KevTech 12:00 Lunch* 1:00 Fit over 50	8:45 Tops 9:00 Quilting 10:00 Learn to Play Bridge 12:30 Art Studio
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
10:00 Qigong 11:30-1:00 Health Fair 12:30 Acord 12:30 Knitters 2:30 Cookie Decorating	9:00 Yoga 10:15 Balance 12:00 Lunch	Closed	10-12 Bocce Inside 11:00 Pickleball Rec Center 12:00 Lunch* 1:00 Fit over 50	8:45 Tops 9:00 Quilting 10:00 Learn to Play Bridge 12:30 Art Studio
<b>30</b>	<b>31</b>			
10:00 Qigong 12:30 Knitters 2:30 New Years Eve Party	9:00 Yoga 10:15 Balance 12:00 Lunch 12:30 Needle workers 1:00 Ping Pong			

# 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.

### Qigong

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

### Pickleball:

Thursday at 11:00 am Rec Center

Pickleball is starting back up. No reservations required, no instruction provided, great for all abilities.

### 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 (Dec 5, 19) at 9:00am for a men's group. We will be offering coffee and pastries.

### Book Group

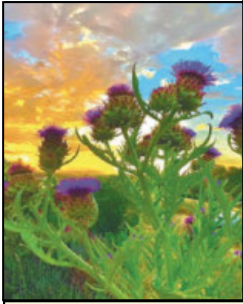
Tuesday December 10th 10:30-12:30

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 December 18th at 10:30 for a Holiday movie.

# Wenham COA Weekly Events



We'll be looking for help in early December putting our outdoor planters in winter mode, putting away hoses and also for general clean-up of the WCOA exterior before Winter sets in.

I have so many people to thank for helping during this period of transition but I would be remiss if I didn't mention all the help and good work Jeanne puts in every week. Many thanks to her!

## Art Classes

**TWO Watercolor Art Classes with Marion Rayner** - On Weds, December 4 & 18 **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, Dec 6th 3-5 PM** Aleah is a great artist/ teacher. Call (978) 468-5529 to sign up \$10/pp.

**Pickleball** indoors will be at the HW Rec Center, next to the HW Library. Thurs. 11-1 free. Also offered by Rec Dept \$30 for residents \$40 for non-residents for 10X punch card. *Intermediate/Advanced* Mon & Weds 9-11am. *Beginner/Advanced beginner* Tues & Thurs 9-11am.

**Indoor Bocce 2024** is now at Hamilton COA from 10am - 12pm. They will play every Thursday throughout the winter.

## Dementia Friends Intro Session Tuesday Nov 19th 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

## •Walking Group

**Weds 9 am**

## •Mahjonn

**Fridays 1-4pm**

## •Pickleball - COA

**FREE HW Rec Center  
Thurs 11:00-1:00pm**

## Caregiver LIVE 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

## Buker School Kindness Club

Under the mentorship of **Kate Hayashi**, 7 Buker students came to WCOA for a **Tea Party** on Tues Nov 19 from 3 - 4 pm Thank you for the great conversations!

## Tai Chi Class

Every Tues at 1:00pm

**Dec 3, 10, 17**

## Exercise Class with Erin

Each Monday - 1:30pm at **WCOA**

Live >>BALANCE ~ STRENGTH FLEXIBILITY ~ ENDURANCE.

Each Thurs - 1pm at **HCOA**. \$5pp

Accessible to all and noticeable improvement for participants!

## Virtual Yoga Every Mon &

Weds at 10:30am **Breathe, Stretch, Balance and Energize** with Margaret. Email: [blisspolarity@gmail.com](mailto:blisspolarity@gmail.com) to sign up.

## Balance in Motion with

**Dianna Daly** is a **virtual** yoga class at 9am and her other class for Parkinson's or anyone with mobility challenges is on Tuesdays at 1:00 pm. Contact Dianna for information on these classes. Email: [diannadaly@gmail.com](mailto:diannadaly@gmail.com) or call me (978) 468-5529 with any questions

## December Lunches

**12pm “Grab n’Go”**

**Dec 4 Weds**– Chicken Alfredo and Pasta, Broccoli, WW Roll and Chilled Fruit

**Dec 11 Weds** - Ham with Apples, Mashed Potatoes, Green beans & Red Peppers and Choc Mousse

**Dec 18 Weds** - American Chop Suey, Brussel Sprouts, Garlic Roll and Gelatin.

**Dec 23 Monday** - Shepard's Pie, Biscuit and Mixed Fruit.



# 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.

## 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.

## Travel Documentary Monday December 2nd @ 3:00 pm

Join us as we explore the holidays are celebrated in other countries.

Light refreshments will be served. Traditional holiday treats will be served. Reservations requested.

## Christmas Carols Tuesday December 3rd @ 3:00 pm

Join us for Christmas Carols. We will sing the classics and learn some new ones. Refreshments will be served.

## KevTech December 5th & 19th @ 10:00am

Kevin from KevTech is joining us for Back to Basics this month. Stop by for Apple iPhone and iPad 101.

## Friday December 6th @ 2:00 pm

Join us as we welcome Evergreen Tree Farm from West Newbury. Evergreen will be helping us create Christmas Door Swags. Space is limited to 12 people. Cost is \$25. All supplies will be provided. Reservation is not reserved until payment is received. Sponsored by the Friends of HCOA

## Lunch with your Friends: Monday December 9th Baked Potato Bar

You asked for it and we listened. We are bringing back the Baked Potato Bar!! Sign up is required. Sign up with a friend or meet a friend here. We can't wait to see you!! Reservation required!

## Gingerbread Festival Tuesday December 10th @ 2:30 pm

Join us on Tuesday December 10th as we decorate gingerbread houses and gingerbread people. You are welcome to take home your creation or work with a friend to decorate one for the center. All you need is your imagination! Supplies will be provided. Reservations required.

## Christmas Games Monday December 16th

## @ 2:00pm

Join us for Christmas games and trivia. We will have light refreshments to get us in the holiday spirit.

## Holiday Movie Monday December 16th @ 3:00 pm

Join us after Christmas Games as we get into the holiday spirit with the movie National Lampoon Christmas. Popcorn and light refreshments will be served.

## Friends of HCOA Holiday Party Tuesday December 17th @ 11:30 am

The Friends of the Hamilton Council on Aging welcome you to their holiday party. The holiday party will be held at the Community House. Lunch will be served. There is no cost to attend the party for Hamilton residents. All non-Hamilton residents who would like to attend are asked to become a friend of the HCOA. Reservations are required and priority will go to Hamilton residents.

## Cookie Decorating Mon December 23rd @ 2:30 pm

Join us for cookie decorating. Take home your cookies and a few extras. Reservations required.

## New Years Eve Party Monday December 30th @ 12:30.

Join us for a fun lunch to ring in the New Year. Reservations required.



# Morris FUNERAL HOME

John A. Morris  
OWNER/DIRECTOR

978-356-2422  
morrisfh.com

45 North Main St., Ipswich

**Deb Evans**  
Vice President, Realtor®

Specializing in  
Hamilton/Wenham  
Real Estate!



978.314.5970  
devans@jbarrettrealty.com

## COMMUNITY LIVING AT ITS BEST

*Be Independent for Life*



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

# SUPPORT THE ADVERTISERS that Support our Community!



# Special Events - Wenham

## Caroling for Fun!

Tues Dec 3 at 10am

Join us for a fun hour singing Christmas and Holiday carols at WCOA. Dress in festive attire! Refreshments.

## Caregiver Support

Our caregiver support group will meet on the first Wednesday - Dec 4/Jan 8 at 10:30am. Jenn Flynn from SeniorCare, facilitates this group. 978-281-1750

## Low Vision Group

Mon Dec 9 at noon.

Participants share ideas of new technology and assistance.

Lunch served. Please register at 978-468-5529

## Jessie Palm, LICW

Jessie can address issues specific to social services, housing & social service advocacy. November 4 from 11:30am - 1pm

## SHINE Medicare Open Enrollment runs until Dec 7th.

We will schedule up to 4 appointments each Wednesday starting at 10am during Nov. If you need a "plan search" due to changes in your prescription drugs, please either call Jim 468-5549. email for a 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, return it in a sealed envelop to Jim. She can then send results securely by email to you or by mail.

Dec dates for SHINE appointments will be on Weds, Dec. 4 at 10am, 11am, 12pm & 1pm.

## Holiday Lunch at 1640 Hart House, 51 Linebrook Rd Ipswich. Thursday Dec 12th at noon. Sign up by Wed Dec 4th.

Celebrate the season with your WCOA friends at the historic Hart House. Holiday music, Raffles. \$25 pp. Sign up by Wed Dec 4th. There are 3 lunch choices: Baked haddock with root veggies and mashed potatoes, New York Strip sirloin and Roasted chicken both served with green beans and mashed potatoes. Dessert options include apple crisp or chocolate cake.

**SeniorCare** - Our Aging Resource Center/COA has managed, through **SeniorCare**, to host both an 8-week **Matter of Balance** Class and a 6-week **Savvy Caregiver** class recently with Abby Considine.

Our **Wenham Outreach** efforts include making people aware of what SeniorCare has to offer. Speak to your director or Outreach coordinator or call SeniorCare directly at (978) 281-1750 and ask to speak with the on-duty resource person in the **Information & Referral** dept.

## 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. We will meet again in January Thur from 2-4pm. Contact Barrie Levine [essexarrow@aol.com](mailto:essexarrow@aol.com)

**NEW Cribbage** group is looking to find residents who like the game and can join us Fridays at 10am. We are flexible with our time but at the moment this 10 am timeslot on Friday works well for us! Please call and sign up if you're interested.

## Home Energy Assistance

### Income Eligibility:

Household income cannot exceed 60% of Massachusetts' estimated State Median Income.

### How to Apply:

The online application opened on **October 1** for the upcoming heating season (November 1, 2024 – April 30, 2025). You can submit an application **online, in person** at the HEAP agency in your area, or by **mail**.

First time applicants must participate in an intake appointment, to get started please submit an online application or **contact** your local agency.

Applications are mailed to households after the first year and can be **renewed online**, in person, or by mail.

### Necessary Documents

As part of the application process, please be prepared to share necessary information, including but not limited to:

- photo identification for the head of household or primary applicant (e.g., driver's license)
- a list of all household members
- information on your heating bills (e.g., heating company name and account number)
- information on your housing situation (e.g., an active lease or mortgage statement)
- proof of income for 30 days prior to application date (e.g., wages, pension)



# 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](http://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](http://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.



**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

## Podiatrist:

Clinics with Dr. Gregory VanEss are held in both towns every other month. **Wenham Mon Dec 9** 9:15 - 11:30am (978) 468-5534. Dr. VanEss is coming to **Hamilton on Fri Dec 13** from 9 -12:00pm. Call today for an appointment. (978) 468-5595



## 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



## 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.

# 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



## 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 an 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 again be sponsoring our Holiday Party.

It is now time to renew your Friends 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!

**DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?**

Engaging, ad-supported print and digital newsletters to reach your community.

Visit [lpicomunities.com](http://lpicomunities.com)

**OUR COMMUNITY NEWSLETTER**  
OCTOBER EDITION



Scan to contact us!

**ADVERTISE HERE**  
to reach your community



**Call 800-477-4574**



**SHORT STAFFED?**

Place an ad here to find new local talent for your business.

**CALL 800-477-4574**



# Notes from Outreach, Veterans & State officials

It is that time of year again when you may be concerned about the cost of your heating bills. Applications are now being accepted for Action, Inc. in Gloucester and through The Salvation Army Good Neighbor Fund. If you would like to apply for assistance through Action, Inc. please call 978-281-9300. Please ask to speak with Maria to set up a telephone appointment to apply or you may apply online at actioninc.org. If you would like to apply for The Salvation Army Good Neighbor Fund please contact Tim Morris at the Hamilton COA at 978-468-5595. He has applications for the program. Documentation of all income in a household is needed. The heating assistance programs assist eligible households with payments towards the primary heating sources of gas, electric, oil, wood, and propane.

## Income Guidelines for the LIHEAP Through Action, Inc.

## The Salvation Army Good Neighbor Program

Household size	Gross Income limits	Household size	Gross Income limits
1	\$0-\$49,196	1	\$49,197-\$65,595
2	\$0-\$64,333	2	\$64,334-\$85,777
3	\$0-\$79,470	3	\$79,471-\$105,960
4	\$0-\$94,608	4	\$94,609-\$126,144

## I was just thinking

about how gratitude and thanksgiving persist amid adversity. It seems counter intuitive. However, William Bradford, George Washington and Abraham Lincoln believed that thanksgiving inoculates people from the infection of cynicism and prompts humility, creativity and resilience. Buffeted by meager food rations, a superior well armed adversary and a lack of financial resources Governor Bradford, General Washington and President Lincoln declared a Day of Prayer, Fasting and Thanksgiving. The 104 people who gathered at the Plimoth settlement in the winter of 1621, the soldiers of the fledging Continental Army who huddled together at Valley Forge in December of 1777, and the Union Army who amid the fierceness of the summer's heat and the intensity of the battle at Gettysburg, paused to pray and give thanks to God for the gift of another day. There is a tendency to sentimentalize this response and dismiss it as folk lore. However, much has been written about how adversity and fear cloud vision, distort understanding, and impoverish the human spirit. What Bradford, Washington and Lincoln came to understand is that thankfulness drawn from a reservoir of faith, hope, and love transforms the individual and the community from self centeredness to self-forgetfulness. I wonder, is this transformation for the past only or can it take place today?

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



The **Friends of Wenham Council on Aging** are proud to financially support the Wenham COA which keeps our programs vibrant and relevant. Did you know that 30% of Wenham residents are over 60 years old? The Wenham Council on Aging has become an important resource for some of these residents. The **Friends** support a variety of programs, including partial support for group lunches, museum and trip tickets, games, like mahjonn, many Board group meetings and lecturers, NSMT theatre tickets, painting & craft materials, exercise classes, kayaking, picnic tables, benches, entertainment and music. Your contributions are tax deductible. Please make checks payable to: **FWCOA, 10 School St., Wenham, MA 01984.**



# 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](mailto:acord.director@gmail.com) or phone 978-468-7424 if you have any questions.



## Mobile Market

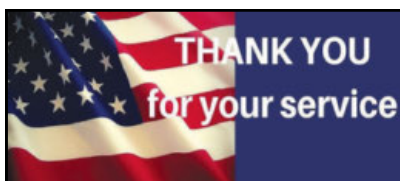
1st and 3rd Mondays  
December 2nd & 16th

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 Nov 4 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](http://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

**Podiatrist - Dr. VanEss** comes to Wenham COA on Mon, Dec 9th. Call 978-468-5534 to make your reservation. **HCOA** is Friday December 13 from 9am – 12pm. Call to make an appt. (978) 626-5240.

**Low Vision Group** meeting in Wenham will be held on Mon, Nov 4 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.glennbattistellillc.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**



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.4lpi.com

Hamilton Council On Aging/Wenham Council on Aging

06-5386

## December Preliminary Menu— Meals on Wheels and Congregate

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Turkey w/ Gravy Mashd Potato Green Beans	<b>3</b> Omelet Turkey Sausage Rstd Potatoes Carrots	<b>4</b> Chicken Alfredo & Pasta Broccoli	<b>5</b> Hot Dog Baked Beans	<b>6</b> Beef, Onions & Peppers Rice Black Beans
<b>9</b> Salisbury Steak & Mush- rooms Mashd Potato	<b>10</b> Greek Chick- en Orzo Veg Blend	<b>11</b> Ham w/ ap- ples Mashd potato Green beans and red peppers	<b>12</b> Stuffed Shells & Marinara Cauliflower	<b>13</b> Tuna Salad Garden Salad Bean Salad
<b>16</b> Lasagna Alf- redo Zucchini & Summer squash	<b>17</b> Turkey Pot Pie Mashd Potatoes	<b>18</b> American Chop Suey Br. Sprouts	<b>19</b> Lemon Pepper Chicken Broccoli Rice Pilaf	<b>20</b> Sausage On- ion & Peppers Green Beans
<b>23</b> Deconstruct- ed Sheppards Pie	<b>24</b> Breaded Fish Sweet Potato	<b>Holiday No Meal</b>	<b>26</b> Turkey Ta- trazzini Carrots	<b>27</b> Apricot Chicken Rice Pilaf Broccoli
<b>30</b> Sweedish Meatballs Brown Rice Green Beans	<b>31</b> Ravioli & Creamy Tomato Sauce Zucchini Mix	<p>Total Calories, Na and Carb include: Entrée, sides, dessert, fruit, bread, milk &amp; margarine. Sodium (Na): Milligrams noted in parenthesis. *High sodium item (&gt;500mg) **High sodium meal (&gt;1200mg)</p> <p><b>Menu Subject to Change Without Notice</b></p>		

**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



Independent, Assisted  
& Memory Care Living

978-356-1300  
149 County Rd, Ipswich

## IF YOU LIVE ALONE

### MDMedAlert!™

STARTING AT  
**\$19<sup>95</sup>** /mo.

At HOME and AWAY!

- ✓ Ambulance ✓ Police ✓ Family
  - ✓ GPS & Fall Alert
- "STAY SAFE in the HOME YOU LOVE!"



800.809.3570 \* md-medalert.com



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



## Stay Safe & Agile: Train Your Dog

CoachYourDog.com/COA  
Obedience - Behavior Modification

Move-in before Dec 31st & enjoy  
your first month free!



THE CURRENT  
BEVERLY  
SENIOR LIVING

Schedule a Tour Today!  
978-778-9880  
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:**

Laura Studley, Chair  
Richard Hewett, Vice Chair  
Penny Wingate, Secretary

Peter Meo  
Catherine Minnetyan  
Kelly Roller  
Rosemary Kennedy

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:**

Bob Gray, Interim

**Van Drivers:**

Bob Gray  
Barry Michaud  
John Lincoln

**Board:**

Debbie Aminzadeh, Chair  
Gretchen Muschamp, Vice Chair  
David Pearson, Secretary  
Barrie Levine  
Karen Cronin  
Daphne Van Nest  
Calvin Kline

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