

Monthly newsletter of the Hamilton & Wenham COAs

H-W Senior Life January 2025

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



Happy New Year to all our amazing patrons in both towns! This picture is a little bit of wishful thinking for someone who generally loves winter! This time of year we're all about making changes to some of our habits and our diets and exercise routines. I'm sure you'll do better than the 23% who give them up within the first week. For January we have a **Open House** on Jan 9th at 12:30pm. We are hoping you'll join us for lunch and to discuss upcoming changes here at **The Club**.

We have our 1st in-person (since the pandemic) **Exercise Class with Erin** every Monday at 1:30pm. Otherwise we have 3 virtual yoga classes with some great instructors and we can help you find what you're looking for. Call me. The same class with Erin is called **Fit over 50**, in Hamilton, and it happens on Thurs at 1pm. 2 classes are ideal!

In January we will start a DVD Great Courses class on "**The Power of Storytelling**" with NPR's Ari Shapiro on Tues at 2:30pm following Tai Chi. I'm interested in his storytelling secrets he's learned over the course of his career as a reporter and performer who has travelled the world. Each lesson takes you behind the scenes of some of Ari's most powerful news stories providing strategies and tools for telling your own story.

We will start the month with our **Acrylic Art** class on Fri, Jan 3rd from 3 - 5pm and our **Watercolor class** will be held on Weds, Jan 8th and 22nd 1 - 3pm. These are both great classes and a great way to spend time with others and master your craft. We have set aside time for games at 10 am Friday mornings and lately we have been playing mostly cribbage but we welcome other games. Jim & Jeanne

Happy New Year!!!

I hope you had a joyous, quiet and fulfilling Holiday Season. As the New Year is approaching Tim and I are working on new programs to bring to you. We want to hear from you! What are you looking for in terms of classes, talks, presentations. What days of the weeks work best for you and what times work best?

Tim and I are working on activities for February and beyond, feel free to reach out with what you would like to see. This upcoming year we have a some new programs already scheduled, and we hope that you will enjoy them. We will be welcoming the Hamilton Police Department to sit down and have lunch with us on January 13th. That same day we will be welcoming Jean Duffy and the Soccer Grannies. Kev Tech will be in twice this month. And please note the date change for Crafts with Barbara. (It will be on the fourth Wednesday not the second.)

There is still time to apply for fuel assistance. If you need help applying please reach out to Tim. There are several organizations that he will be able to help you apply too.

We would like to acknowledge the Hamilton Cultural Council for the grant that will pay for 4 additional KevTech Programs. We are excited to be able to continue to offer them.

I would like to thank the Friends of the Hamilton COA for the incredible Holiday Party. We celebrated the holidays with good food, good friends and excellent entertainment. Thank you to the Hamilton Police Department for coming over and serving.

Theresa & Tim



Wenham Calendar - January

MON	TUES	WED	THURS	FRI
		1	2	3
		Happy New Year Holiday WCOA Closed	9am Yoga Dianna (Zoom) 10-12 Bocce-HCOA 11-1pm Pickleball Rec Dept	10:00 - Free Library Book Delivery 10am Cribbage 12:30-3 Mahjongg 3-5 pm Acrylic Art
6	7	8	9	10
10:30am Chair Yoga Zoom w/ Margaret 11:30-1:00 Jessie Palm Soc Worker 1:30 Balance Class with Erin	10 am Sing for Fun! 1pm - Tai Chi for Balance 2:30pm - DVD on The Power of Storytelling	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- Inside HCOA 11-1pm Pickleball Rec Dept 12:30 pm Open House - Pizza and salad	10:00am - FREE Library Book Delivery 10am Cribbage 1-4 pm Mahjongg
13	14	15	16	17
10:30am Chair Yoga-Zoom with Margaret 12 - 1pm Low Vision Group 1:30 Exercise Class with Erin	9am - Veteran's Board Meeting 10am - Vet Coffee 1pm - Tai Chi for Joints 2:30pm - DVD on The Power of Storytelling	9:00am Walking Club 9:15am Caregiver Friends Support Grp 1pm Scam Discussion Group Meeting	9am Yoga Dianna (Zoom) 10-12 Bocce HCOA 11-1pm Pickleball Rec Dept	10:00am - FREE Library Book Delivery 10am Cribbage 1-4 Mahjongg
20	21	22	23	24
Martin Luther King Day WCOA Closed	10:00 Dementia Friends Discussion 1pm - Tai Chi for Balance 2:30pm - DVD on The Power of Storytelling	9:00am Walking Club 1-3 Watercolor Art Class	9am Yoga Dianna (Zoom) 10-12 Bocce-HCOA 11-1pm Pickleball Rec Dept	10:00am - FREE Library Book Delivery 10 am Cribbage 1-4 pm Mahjongg
27	28	29	30	31
10:30am Chair Yoga-Zoom with Margaret 1:30 Flexibility Class with Erin	10:00 Games Scrabble 1pm - Tai Chi for Balance 2:30pm - DVD on The Power of Storytelling	9:00am Walking Club 9:15am Caregiver Friends Support 10:30 Chair Yoga (Zoom every week)	9am Yoga Dianna (Zoom) 10-12 Bocce-HCOA 11-1pm Pickleball Rec Dept	10:00am - FREE Library Book Delivery 10 am Cribbage 1-4 pm Mahjongg

Hamilton Calendar - January

MON	TUES	WED	THURS	FRI
		1	2	3
		New Years Day HCOA Closed	9:00 Men's Group 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 Bridge Class 12:30 Art Studio
6	7	8	9	10
10:00 Qigong 12:30 Knitters 12:30 Acord 2:30 New Years in other Countries	9:00 Yoga 10:15 Balance Class 12:00 Lunch* 12:30 Needle workers 1:00 Ping Pong 2:30 Boys in the Boat	10:30 Bingo 12:00 Lunch* 12:30 Bridge	10:00 KevTech 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 11:00 Eye Care for Seniors 12:30 Art Studio
13	14	15	16	17
10:00 Qigong 12:00 Lunch w/ Police 12:30 Knitters 3:00 Jean Duffy & Soccer Grannies	9:00 Yoga 10:15 Balance 11:00 Vegan Nutrition Class 12:30 Needle workers 1:00 Ping Pong	10:30 Dan Trembley 12:00 Lunch* 12:30 Bridge	9:00 Men's Group 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
20	21	22	23	24
Closed	9:00 Yoga 10:15 Balance 11:00 Vegan Nutrition 12:00 Lunch 12:30 Needle workers 1:00 Ping Pong	10:30 Crafts w/ Barbara 12:00 Lunch* 12:30 Bridge	10:00 KevTech 10-12 Bocce Inside 11:00 Pickleball Rec Center 12:00 Lunch* 1:00 Fit over 50 1:30 Scammer/Email cleanup presentation	8:45 Tops 9:00 Quilting 10:00 Learn to Play Bridge 12:30 Art Studio
27	28	29	30	31
10:00 Qigong 12:30 Knitters 3:00 Jim Pocock	9:00 Yoga 10:15 Balance 11:00 Vegan Nutri 12:00 Lunch 12:30 Needle workers 1:00 Ping Pong	10:30 Open House 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

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

Vegan Nutrition Class

Tuesdays 11:00-11:45

A "How to Guide" on introducing a Whole Food Plant Based diet into your lifestyle, whether its daily, weekly, monthly or a life change. With a focus on all the benefits a vegan diet can have on Cognitive decline (Dementia, Alzheimer's, Memory loss) Heart Disease, Cancers, cardiovascular, cholesterol, bone density, Arthritis and so much more.

Vegan snacks and recipes will be provided. Taught by long time Vegetarian/Vegan Eme Mizioch. Certification, eCornell University.

Starts January 14th

COA Needleworkers

Tuesdays 12:30 - 3:00pm

Bring your knitting, sewing, quilting, embroidery, hooking or craft and enjoy working on your project.

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.

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 (January 2nd & 16th) at 9:00am for a men's group. We will be offering coffee and pastries.

Dan Tremblay

Dan will be coming on January 15th for a movie on

Wenham COA Weekly Events

The Power of Storytelling with Ari Shapiro, Host of NPR's *All Things Considered*. In 12 fascinating **DVD lessons**, this master of the craft reveals the storytelling secrets he's learned over the course of his career as a reporter, from finding a good story and choosing the right characters to conducting interviews and even delivering a story effectively out loud. Each lesson takes you behind the scenes of Ari's most powerful news stories and gives you the confidence to use his strategies. **Every Tues at 2:30pm.**

Art Classes

TWO Watercolor Art Classes with Marion Rayner - On Weds, January 8 & 22 **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, Jan 3rd 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 Jan 21st 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

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

Walking Group

Weds 9 am

Mahjonn

Fridays 1-4pm

Pickleball - COA
FREE HW Rec Center
Thurs 11:00-1:00pm

Open House

Pizza Party

On Thurs, Jan 9th at 12:30pm we will host an Open House and tell tales of our New Years celebrations and new ideas for the Wenham COA in 2025!

Tai Chi Class

Every Tues at 1:00pm

Jan 7,14,21,28

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 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 or call me (978) 468-5529 with any questions

January Lunches

12pm "Grab n'Go"

Jan 8 Weds— Citrus Fennel Chicken, Risotto, Broccoli, Oat bread and cookie

Jan 15 Weds - Chicken Teriyaki, Veggie Blend, Lo Mein, Bread & Cake

Jan 22 Weds - Meatloaf, Mashed Potatoes, Peas, Oat bread & Cake

Jan 29 Weds - Salisbury Steak & Mushroom Mashed Potatoes, Beets, Cornbread & Gel-

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.

New Years Across the Globe Monday January 6th 2:30-3:30

Join us as we explore how holidays are celebrated in other countries. Light refreshments will be served. Reservations requested.

Boys in the Boat
Tuesday January 7th
@2:30pm
Later in the month we are having the author of Boys in the Boat. We will be watching the movie in preparation for his visit. RSVP requested. Boys in the Boat follows the University of Washington rowing team and their quest to compete in the 1936 Summer Olympics.

Lunch with Police
Monday January 13th
12:00pm-1:00pm
Join us as we welcome the Hamilton Police Department. A short talk followed by questions and a visit. Lunch will be served. Reservations are required. Call today to reserve your spot.

KevTech
January 9th & 23rd
@ 10:00am
Kevin from KevTech is joining us for Back to Basics this month. Stop by for Apple iPhone and iPad 101.

The South African Soccer Grannies
Monday January 13th
@3:00pm
Join us for an inspirational talk about how debut author, Jean Duffy, found soccer later in life and met these inspiring South African Women. RSVP requested.

Men's Group
Thursday January 2nd
@9:00 am
Men's group will meet at the COA to discuss current affairs.
Thursday January 16th
@ 9:00
The men's group will be taking a field trip. The details are still be worked out. But Tim will have more information at the first mens group of the new year.

Jim Pocock
from Boys in the Boat
Monday January 27th @
3:00pm
Join us as we welcome Jim Pocock to discuss Boys in the Boat. It is recommended that you read the book or watch the movie prior to him coming out but not mandatory. RSVP requested.

Senior Care Technology Help
REDUCING SCAMS AND SPAMS
(AND CLUTTER!) VIA PROPER
EMAIL MANAGEMENT
Thursday January 23rd
@ 1:30-3:30
Many people have clogged email accounts with hundreds or even thousands of unwanted emails, and emails that could be scams. In this class we will learn how to manage that problem with proper email management, tips on identifying scam emails, unsubscribing to unwanted emails, cleaning out our email boxes and more.
Class limited to 6-7 people.



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Community!

Special Events - Wenham

Sing for Fun!

Tues Jan 7 at 10am
Join us for a fun hour singing showtunes at WCOA.

Caregiver Support

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

Low Vision Group

Mon Jan 13 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. Jan 6 from 11:30am - 1pm

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 16 Thursday from 2-4pm. Contact Barrie Levine essexarow@aol.com

NEW Cribbage group is Having fun! 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**.

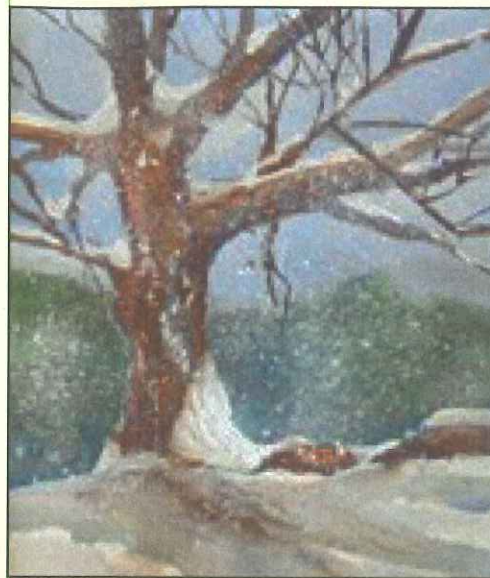
First time applicants must participate in an intake appointment, to get started please submit an online application or **contact** your local agency.

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

SHINE Marylou Fierro conducts phone call interviews the 1st Tuesday of every month following Medicare's Open Enrollment period. If you have **questions about your application for Medicare** as you turn 65. Please call us 3 months in advance of your 65th birthday and make an appointment. She'll

answer any questions you have with a simple phone call which we schedule here.

Our **Wenham Veteran's Meeting** will be on January 14th at 10am and we welcome any veterans to share time with this great group of veterans and staff from Cape Ann Vet Svs.



Watercolor Class w/ Marion Rayner will be held on **Jan 8 & 22 from 1pm-3pm. Join us!**

MATT KARR from Heritage Law Center will be coming to discuss **Estate Planning**. Let us know if you are interested. We have not set a date, but we're interested in your feedback. The right estate plan can minimize estate taxes and avoid probate fees, so you leave more to your family and friends.

Scam Discussion Group with local police officers and residents within our community who wish to come and discuss in an open forum ways people's lives are being infiltrated by scam artists and share what's new! We plan to meet on **Weds, Jan 15 at 1pm**.

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

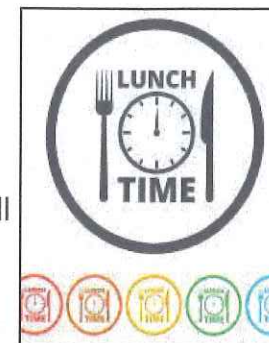
Action, Inc. may help you with energy costs. Call 978-282-1000 to apply for fuel assistance. Website actioninc.org

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 Mon Feb 10** 9:15 - 11:30am (978) 468-5534. Dr. VanEss is coming to **Hamilton on Fri. Jan. 31st & Fri Feb 14** 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 be held at the **Rockport COA** on **Weds, starting Jan 8th - Feb 12th from 10:30am - 12:30pm**. Learn to take control and set goals, communicate more effectively, learn new skills, feel better, strengthen family resources and take care of you! To register, contact Abby Considine at 978-281-1750 ext. 581. For more info:

<https://seniorcareinc.org/event/the-savvy-caregiver-jan-feb>

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

~ 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 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!

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Notes from Outreach, Veterans & State

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.

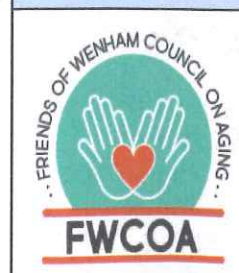
The Salvation Army Good Neighbor Program

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 "the canary in the coal mine." For miners this little bird was a life saver. It had the capacity to detect toxic fumes before they became lethal to the miner. Sadly, the canary gave up its life so that the miner could live. A few months ago a friend encouraged me to read the book titled Looking Up, by Courtney Ellis. It is described as "A birders guide to hope through grief." Initially I wondered how she was going to connect birds to hope and grief. While she referred to deaths of a family member and a few friends, what soon became apparent is that she was concerned about how we grieve other losses. As 2024 concludes we tend to review the year acknowledging successes and failures, gains and losses, births and deaths. Also, for us who live in the northern hemisphere it is the time when enveloped in less day light and more darkness we make resolutions to overcome the darkness of loss. In a way these resolutions help us grieve our losses. However, while Ellis learned to identify a vast array of birds, she discovered that birds are harbingers and carriers of hope. The sub-text to Ellis' book is to quietly look and listen. It seems that those words apply to us more than the birds.

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 or phone 978-468-7424 if you have any questions.



Mobile Market

1st and 3rd Mondays

Jan 6th this month

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 Jan 6 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

Podiatrist - Dr. VanEss comes to Wenham COA TBD in Feb. Call 978-468-5534 to make your reservation. **HCOA** is TBD in Feb also, 9am -12pm. Call to make an appt. (978) 626-5240.

Low Vision Group meeting in Wenham will be held on Mon, Jan 13th at 12:00pm. We will be exploring **NEW** topics for our lunch discussion which we feel compliments our discussion.

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

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January Preliminary Menu – Meals on Wheels and Congregate

Monday	Tuesday	Wednesday	Thursday	Friday
Totals include entrée, sides, dessert, fruit, bread, milk & margarine. *High sodium item (>500mg), Shading = High sodium meal (>1200mg)		1 New Year's Day No Meals Served	2 Pasta Fagioli w/ Beans, Cauliflower, Oat Bread, Cookie	3 Hot Dog, Baked Beans, Warm Pears, Coleslaw, Roll
6 Beef Stew Mshd Potato, Biscuit, Pudding	7 Turkey A la King*, Sweet Potato, Corn, MG Bread, Pineapple	8 Citrus Fennel Chicken*, Risotto, Broccoli, Cookie Oat Bread	9 Honey Garlic Pork, Brown Rice, Br. Sprout, Vienna Bread, Applesauce	10 Eggplant Parm*, Pasta, Zucchini, Bread, Mandarins
13 Turkey & Gravy*, Mashed Potato, Green Beans, WW Bread, Chilled Fruit	14 Omelet, Turk Sausage, Rstd Potatoes, Carrots, Muffin Yogurt, Juice	15 Special: Cken Teriyaki*, Veg Blend, Lo Mein, Cake, LS Bread	16 American Chop Suey, Zucchini, Garlic Roll, Mandarins	17 Breaded Fish, Mixed Veg, Fruit Crisp, Roll, Garden Salad
20 MLK Day No Meals Served	21 Sweet and Sour Pork, Green Beans, Veg Rice, WW Roll, Pineapple	22 Meatloaf, Mashed Potato, Peas, Oat Bread, Cake	23 Marry Me Chicken*, Quinoa, Capri Veg., Vienna Bread, Mandarins	24 Lemon Basil Ravioli, Spinach, MG Bread, Pudding
27 Chicken, Peppers & Onions, Spanish Rice, Blk Beans, Tortilla, Chilled Fruit	28 Meatballs w/Marinara, Corn, Tater Tots, Sub Roll, Mandarins	29 Salisbury Steak & Mushroom, Mashed Potato, Beets, Cornbread, Gelatin	30 Ham* Sweet Potato, Warm Bread Pudding, LS Bread, Garden Salad	31 Macaroni & Cheese, Peas, Oat Bread, Orange

Looking for **Wenham's Grab & Go?** It is every Wednesday! Please call: 978-468-5534

The **Hamilton COA** 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 easily setup by calling SeniorCare at **978-281-1750** and asking for the nutrition or intake department.



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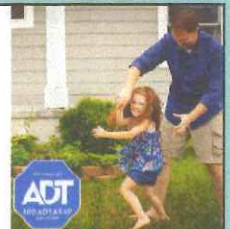
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Director: Theresa Woodbury
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Outreach Coordinator: Tim Morris
tmorris@hamiltonma.gov

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Peter Meo
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Rosemary Kennedy

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Wenham COA

Director: Jim Reynolds
jreynolds@wenhamma.gov

Outreach Coordinator: Jeanne Maurand
jmaurand@wenhamma.gov

Van Scheduling / Administration:

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Van Drivers:

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Daphne Van Nest
Calvin Kline

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