

ROWLEY'S OUR TIMES

The Mission of the Rowley Senior Center is to advocate for older adults, to identify their needs, to develop and implement services to meet their health, economic, social and cultural needs, and to encourage maximum Independence.

Volume 26

AUGUST 2023

Issue 8



SPOTLIGHT

Bountiful Harvest

NEW THIS MONTH

- Ice Cream Social
- Charlie Card
- Savory Lane
- Cooking - Seasonal Vegetables
- SNAP/HIP Benefits 101
- Rock of Ages - Musical
- Painting with Lisa Weagle
- Managing Blood Sugar

Director's Corner.....

So far, we have been having an amazing summer. About 100 people at our Summer Barbeque at the fire station. The food was delicious and the music delightful! Our tent is up and our gardens planted and thriving. Feel free to pick some lettuce, herbs and anything else that is ripe. I think cucumbers and squash might be next. The rain that has dampened our spirits, will give us a bountiful harvest. Speaking of veggies, we held our first VegOut market yesterday. Stop by the VegOut stand every Thursday from 11-12 at the Plantation until September 23rd. As the season progresses, the type of produce offered will expand. The vegetables are donated by about 7 area farms to Nourishing the North Shore (NNS) and are offered free to community members. The mission of NNS is to put fresh local produce on every person's plate. Make sure there is some on yours! August brings us other food related events including cooking with summer veggies, boost your food budget and learning about diabetes. We end the month by throwing in the towel on healthy eating with an Ice Cream social!!

Ellie ❤️

ROWLEY SENIOR CENTER

Town Hall Annex
PO Box 523 (Mailing Address)
39 Central Street
Rowley, MA 01969
Tel: 978.948.7637
Fax: 978.948.7973
Email: coa@townofrowley.org
Website: www.townofrowley.org

SENIOR CENTER HOURS

Mon - Thu 8:30 to 4
Fri - 9 to 12

SENIOR CENTER STAFF

Eleanor Davis	Director
Lisa Lozzi	Office
Martha Blanchard	Activities
Tim Morris	Outreach
Dennis Donaghue	Alt Driver

SENIOR CENTER BOARD

Geneva Merry	Chair
Dorothy Johnston	V. Chair
Jean Blanchard	Secretary
Diana Titus	Member
Barbara DePalmer	Member
Gillian Ingram	Member

FRIENDS OF THE COA

PO Box 79 (Mailing Address)
Rowley, MA 01969

Tom Corben	President
Diane McMahon	V-President
George Gallant	Treasurer
Marie Grover	Secretary
Walter Bockus	Member
Margaret Hanson	Member
Sylvia Wood	Member
MaryEllen Mighill	Member

OUR TIMES NEWSLETTER

Lisa Lozzi
lisa.lozzi@townofrowley.org

ONGOING EVENTS

Please see Calendar page(s) for Dates, Times and any changes.

- ◆ **BINGO & LUNCH:** Join us on Tuesday mornings twice a month for lots of fun. Meet new friends, play the game and enjoy lunch. Cards and Coverall are \$1.00 each.
- ◆ **LUNCH & RUMMIKUB:** An interesting game using tiles instead of a deck of cards. Come and join us every Wednesday afternoon for lunch and to play. No charge for this activity.
- ◆ **MEN'S LUNCH:** Held once a month on Tuesdays at any restaurant location of choice.
- ◆ **LADY'S LUNCH:** Held once a month on Tuesdays at any restaurant location of choice.
- ◆ **MAH JONGG:** Join us every Tuesday afternoon for this game of skill. No charge for this activity.
- ◆ **CRIBBAGE & LUNCH:** Join us Friday mornings 9-12 for Cribbage. There is no charge and coffee is available.
- ◆ **YOGA:** Join us every Thursday at the Rowley Library. 2-3pm (a \$3.00 suggested donation is appreciated)
- ◆ **WM DUKE WATERCOLOR PAINTING CLASS:** Usually once a month on Thursdays. Charge is \$20 required upon arrival and all supplies are provided.
- ◆ **MOVIE:** Once a month when scheduled. (No charge for popcorn & tonic)
- ◆ **EXERCISE CLASSES:** See calendar for more information.
- ◆ **MONDAY LUNCH:** Come and gather with friends and enjoy a meal together.
- ◆ **COFFEE HOUR AT PLANTATION:** Come and gather on Tuesdays twice a month for coffee and conversation. All are welcome.
- ◆ **BIRTHDAY CELEBRATION:** Once a month the Friend's of the Senior Center offer all Seniors born in that month the opportunity to join us for a birthday party. You will be treated to a free lunch with birthday cake. Be our special "Birthday Guest."
- ◆ **BYFIELD PARISH LUNCH:** Lunch will resume in October.

The Council on Aging invites all Rowley residents over 60 to our programs and activities. If there is anything that makes it challenging for you or a loved one to participate (including but not limited to transportation, language, mobility, cost of program, hearing or visual issue) PLEASE contact Tim or Ellie at 978-948-7637. We do not want to leave anyone out.

This is a CONFIDENTIAL process.

ONGOING INFORMATION

COA BOARD MTG - 3rd Wed at 10am as scheduled.

SEN. TARR'S CONSTITUENT SERVICES -*MaryAnn Nay* will be holding office hours in Rowley on Tuesdays, August 8th and September 12th from 9:30 to 10:30am at the Town Hall Annex building at 39 Central Street. 617.722.1600.

VETERAN'S SERVICES - *Karen Tyler* of Veteran's Affairs will be holding office hours in Rowley at the Annex Building in the 1st floor conference room on the 1st Monday of the month from 1-2pm.

BLOOD PRESSURE - 3rd Tues every month at 10:30am

RIDES FOR MEDICAL APPOINTMENTS

PLEASE CALL 978.948.7637 WHEN REQUESTING INFORMATION OR NEEDING A RIDE.

9am to 12pm MON - THURS ASK FOR LISA

We can't guarantee that we can help you,
but we will do our best.

MONDAY LUNCH MENU AUGUST

7

Stuffed Shells & Marinara Sauce
Broccoli - Dinner Roll
Fruit Cup

14

Sliced beef & Burgundy sauce
(with mushrooms)
Egg Noodles - Capri Blend
Bread - Fruit Whip (pineapple)

21

TRAVELING CHEF
CRAB CAKE
CLAM CHOWDER - MILK



28

Ravioli & Pesto Sauce
Capri Blend - Applesauce
Dinner Roll

POLICIES

ALL SHOPPERS!!!

Please call the office at 978.948.7637 if you **WANT TO GO** grocery shopping on Wednesday mornings. This will help save unnecessary trips for our drivers.

Activity/Program/Event Sign-up

Registration begins on the 1st of the month for that month, unless otherwise indicated. Please register to hold a space. Monday lunch does not require registration.

Friends Corner.....

Hello Everyone,

At this time we are pleased to welcome two new members to the Board of the Friends of the COA. Welcome Sylvia Wood and Mary Mighill! They will bring ample experience and knowledge to our group. In spite of the weather, try to enjoy Summer because it goes by quickly! Margaret Hanson, Friends

Outreach Corner.....

Greetings! How has your summer been? I have been having fun. There are some who say August is the hottest month of the year. We will find out. Until then why not come join us at the Rowley COA for some cool programs and events throughout the month. Please look at this month's newsletter and make it a goal to attend an exciting program or two. You may learn something different and meet a new friend. Marty, our Activities Director has planned lots of fun things for you to choose. Tim Morris

AUGUST 2023 - Rowley Senior Center

Mon	Tue	Wed	Thu	Fri
<p>HAPPY BIRTHDAY TO ALL OF YOU WHO HAVE A BIRTHDAY THIS MONTH!</p>	<p>1</p> <p>10-11 Coffee Hour @ Plantation 1pm Mahjongg</p>	<p>2</p> <p>9:30 Grocery Shop 12:30 Lunch & Rummikub</p>	<p>3</p> <p>9:30 Exercise @ Congo Church 11am Vegout Market 2-3 Yoga</p>	<p>4</p> <p>9-12 Cribbage & Lunch</p>
<p>7</p> <p>9:30 Exercise @ Congo Church 12:30 Manage Blood Sugar 1pm Qigong @ Rowley Library</p>	<p>8</p> <p>9:30 ChairlieCard 10am Meet & Greet-SNAP/HIP 11:30 Mens Lunch 1pm Mahjongg</p>	<p>9</p> <p>9:30 Grocery Shop 10:30 Cooking Seasonal Vegies 12:30 Lunch & Rummikub</p>	<p>10</p> <p>9am Bus Trip 9:30 Exercise @ Congo Church 11am Vegout Market 12pm Lunch & Movie 2-3 Yoga</p>	<p>11</p> <p>9-12 Cribbage & Lunch</p>
<p>14</p> <p>9:30 Exercise @ Congo Church 12pm COA Lunch 1pm Qigong @ Rowley Library</p>	<p>15</p> <p>9am Bingo & Lunch 10-11 Coffee Hour @ Plantation 10:30 Blood Pressure Clinic 1pm Mahjongg 1:30 Book Club @ Library</p>	<p>16</p> <p>9:30 Grocery Shop 10am Brd Meeting 12:30 Lunch & Rummikub</p>	<p>17</p> <p>9 am Bill Duke Paint Class 9:30 Exercise @ Congo Church 11am Vegout Market 11:30 Dan Tremblay 2-3 Yoga</p>	<p>18</p> <p>9-12 Cribbage & Lunch</p> <p>Rock of Ages Sunday the 20th >>>>>>></p>
<p>21</p> <p>9:30 Exercise @ Congo Church 12pm Traveling Chef 1pm Qigong @ Rowley Library</p>	<p>22</p> <p>11:30 Lady's Lunch 1pm Mahjongg</p>	<p>23</p> <p>9:30 Grocery Shop 10:30 Paint with Lisa Weagle 12:30 Lunch & Rummikub</p>	<p>24</p> <p>9am Savory Lane 9:30 Exercise @ Congo Church 11am Vegout Market 2-3 Yoga</p>	<p>25</p> <p>9-12 Cribbage & Lunch</p>
<p>28</p> <p>9:30 Exercise @ Congo Church 12pm Birthday Lunch 1pm Qigong @ Rowley Library</p>	<p>29</p> <p>9am Bingo & Lunch 11:30 Ice Cream Social 1pm Mahjongg</p>	<p>30</p> <p>9:30 Grocery Shop 12:30 Lunch & Rummikub</p>	<p>31</p> <p>9:30 Exercise @ Congo Church 11am Vegout Market 2-3 Yoga</p>	<p>Starting Sept - Scrabble on Tuesday's at 1pm</p>

Cooking with Seasonal Vegetables

Angela of 3 Sweet Peas Bakery will be coming to cook with Seasonal Vegetables. **Come to the COA on Wednesday, August 9th at 10:30am and learn how to turn these vegetables into some delicious side dishes.** You won't believe how easy and fun this can be. Sign up at 978-948-7637.



Ice Cream Social

Lunch, Ice Cream Social, and Music

Come enjoy a nice afternoon at the COA on **Tuesday, August 29th at 11:30 am.** Weather permitting we can enjoy our beautiful outdoor space. **Register at 978-948-7637** as I need to know how much ice cream we will need!

Nutrition Presentation

Managing Blood Sugar

Nutrition Recommendations for Diabetes & Prediabetes

*Rowley Senior
Center presents*



Date: Monday, August 7th

Time: 12:30pm

Topics include:

Identifying Risk Factors and Symptoms
Defining Diabetes and Prediabetes
Nutrition Recommendations
Carbohydrates, Sugar & Artificial Sweeteners
Meal Planning

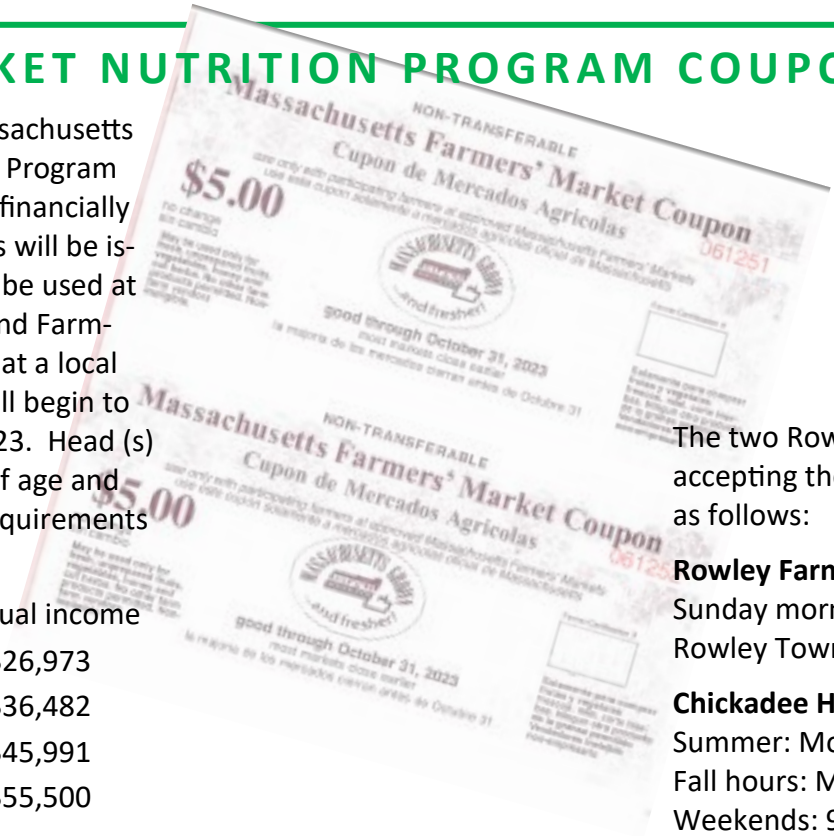


Presented by: Leigh Hartwell, Registered Dietitian
Brought to you by AgeSpan (formerly Elder Services of the Merrimack Valley)

FARMERS MARKET NUTRITION PROGRAM COUPONS

The Rowley COA has received Massachusetts Senior Farmers' Market Nutrition Program (SFMNP) Coupons to distribute to financially eligible households. Eligible seniors will be issued the coupons valued at \$50 to be used at participating Farmer's Markets and Farm-stands. Coupons cannot be used at a local grocery store. The Rowley COA will begin to distribute the coupons in August 2023. Head (s) of household must be 60 years of age and older and meet the gross income requirements shown below:

Household	Monthly income	Annual income
1	\$0-\$2,248	\$26,973
2	\$0-\$3,041	\$36,482
3	\$0-\$3,833	\$45,991
4	\$0-\$4,625	\$55,500



The two Rowley locations accepting the coupons are as follows:

Rowley Farmer's Market:
Sunday mornings 8-1
Rowley Town Common.

Chickadee Hill Farm Stand:
Summer: Mon-Fri 9-7pm
Fall hours: Mon-Fri 10-5pm
Weekends: 9-5pm

Who Will Take Care of My Pet When I'm in the Hospital?



Pets help alleviate loneliness and reduce inactivity, so it's no surprise that at least 50% of seniors own a pet. Yet, during a medical emergency and or short rehab stay, it's easy for man's best friend to be forgotten. With focus being on the crisis at hand it's easy to understand why. Even so, it's important to create an action plan if a situation does arise.

Planning ahead of a potential crisis can decrease added stressors in the moment for the caregiver and senior. Friends and family are the obvious solutions for most seniors who require pet care. Ask a neighbor, friend or family member ahead of time. Make sure they have a key to get in!

Pet owners should also post a note regarding the pet's care and personality. It's also vital to include instructions about their medications and their vet's contact information.



The COA will be heading to the **Firehouse in Newburyport** on **Sunday, August 20th at 1:00 pm** for the musical performance of **Rock of Ages.**

Tickets are \$35.00.

Seating is Limited.

Call 978-948-7637 for reservations by Monday August 7th.



Massachusetts
Councils On Aging

Nutrition News You Can Use

August Summertime!

Did you know that when you spend time outside in the sun, your skin naturally absorbs the sun's rays and allows your body to make vitamin D? You can also get vitamin D from foods such as fatty fish like trout, salmon, tuna, and mackerel and foods that are fortified with vitamin D such as milk and some brands of plant-based milk alternatives, breakfast cereals, orange juice, and yogurt.

Vitamin D is very important and helps the body absorb calcium, a major component of bones. Thus, adequate vitamin D helps prevent osteoporosis. Vitamin D is also used by the immune system and nerves. Adults up to 70 years old need 15 mcg (600 IU) and over 70 years old need 20 mcg (800 IU).

Older adults are at increased risk of not getting enough vitamin D. As we get older, our skin has less ability to make vitamin D when exposed to the sun. In addition, older adults tend to spend more time indoors compared to younger adults; people who seldom expose their skin to the sun or have darker skin produce less vitamin D. Furthermore, people who have conditions that limit fat absorption (such as Crohn's disease) may not absorb as much vitamin D. In addition, it's important to get your vitamin D throughout the year, not just in the summertime!

We had a visit from Merissa Titus-Abate, Matt Harney and John Ward of Rowley's finest come to the COA to talk about fire safety.



The discussion included safe cooking, fire extinguishers and medical emergencies. These folks are so committed to the safety of everyone in Rowley. We are lucky to have such a great team watching over us. Look for another presentation possibly later in the summer.

VEGOUT Senior Mobile Market



Thursday 11am-Noon

Plantation Drive

July 20 - September 23

Free veggies for residents 65+

The Rowley Council on Aging invites residents over 65 to stop by the VegOut stand every Thursday from 11-12 at the Plantation until September 23rd. As the season progresses, the type of produce offered will expand. The vegetables are donated by about 7 area farms to Nourishing the North Shore (NNS) and are offered free to senior community members. The mission of NNS is to put fresh local produce on every person's plate. Make sure there is some on yours!



EXERCISE CLASSES IN ROWLEY!

Sponsored by the Council on Aging



Program	Day/Time	Instructor	Location	Fee
Exercise!	M/Th 9:30-10:30am	Carolyn Carey	Pine Grove School	
Chair Yoga	Th 2-3pm	Mary Hargraves	Rowley Library	\$3
QIGong Breathing, Postures, Meditations, Guided Imagery	M 1-2pm	Mary Hargraves	Rowley Library	\$3

Rowley Bus Trip - Let's Shop!!

The Bus will leave the Senior Center on **Thursday, August 10 at 9:00 am for Walmart & Hobby Lobby in Seabrook** with a quick lunch before we return home to Rowley. As always, all are welcome. However, preference will be given to Rowley Seniors who do not drive or who do not have transportation. Sign up early as seating is limited.

If you require assistance, notify us when you sign up and we will try to provide a companion to accompany you.

Call 978.948.7637 to register and let us know if you need a ride!



AUGUST

LUNCH & MOVIE

A Man Called Otto

**Thursday,
August 10
@ 12noon**

Otto is a grump who's given up on life following the loss of his wife and wants to end it all. When a young family moves in nearby, he meets his match in quick-witted Marisol, leading to a friendship that will turn his world around. [2022 PG-13](#) 2h 6m



**BOOK CLUB for
AUGUST
ELEANOR OLIPHANT IS
COMPLETELY FINE
BY GAIL HONEYMAN**

**AUGUST 15 @ 1:30pm
at the
Rowley Library**

“Beautifully written and incredibly funny, Eleanor Oliphant Is Completely Fine is about the importance of friendship and human connection. No one’s ever told Eleanor that life should be better than fine. Meet Eleanor Oliphant: She struggles with appropriate social skills and tends to say exactly what she’s thinking. Nothing is missing in her carefully timetabled life of avoiding social interactions, where weekends are punctuated by frozen pizza, vodka, and phone chats with Mummy.



Tea at Fezziwig's

The COA will be departing for Cider Hill Farm in Amesbury on **Thursday, August 24 at 9:00 am** where we will board the **Savory Lane Tour Bus** which will transport our crew to **Fezziwig's in Portsmouth, NH.**

There we will enjoy a classic afternoon of tea, tea sandwiches, scones and jams.

Cost is \$60.00 which includes transportation and lunch.

Reservations must be made by Friday, August 11th.
Don't miss this unique experience.
Call 978-948-7637 for reservations.

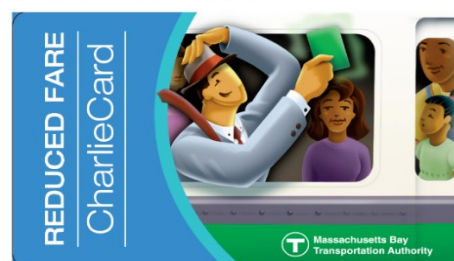


**Painting with
Lisa Weagle**

Lisa will be coming to the COA on **Wednesday, August 23rd at 10:30 am** to instruct people on how to paint one of her fall inspired paintings.
Cost is \$10.00.
Register at 978-948-7637.

**Going into Boston for work or play?
Get a financial break with a Senior
CharlieCard**

Senior CharlieCard



People 65 and older are eligible for reduced MBTA fares with a Senior CharlieCard. These cards are valid for 8 years.

Maryann Nay from Senator Tarr's office will be at the COA to accept CharlieCard applications and take ID pictures for your card on **Tuesday August 8 at 9:30 am.**

Please bring a current picture ID with you.

Senior CharlieCards are available for seniors over 65+. This reduced fare card can be loaded with:

- Cash value for roughly 50% reduced one-way fares
- \$10 7-Day LinkPasses
- \$30 monthly LinkPasses

Your card can also be used to purchase reduced monthly passes for Commuter Rail, Ferry, and Express Bus.

If you are interested, call 978-948-7637 to register.

RESOURCES

For help with any of these resources, contact Tim Morris, Outreach Coordinator 978-948-7637.

ROWLEY FOOD PANTRY - Tues 10 to 12 noon and Thurs 5:30 pm to 7 pm for Rowley residents. Located at the rear of the Baptist Church Parsonage at 153 Main Street. Call 978.238.6264.

NEWBURY FOOD PANTRY - Newbury Food Pantry serves guests by assisting them with online ordering, filling orders, delivering groceries and offering contact-free pickup for those who have transportation. Place your order online <https://www.newburyfoodpantry.org/get-food> or by phone all day Wednesday until Noon on Thursday. 978-358-1077 Rowley Residents Welcome!

BYFIELD LUNCH - Join us for a short program and a home-cooked meal. 3rd Tues of month. Bus departs @ 11:15 from the Senior Center. Luncheon is 11:30 – 1:30. Call 978-948-7637 to sign up. **WILL RESUME IN OCT**

Rowley COA Community Lunch-The COA serves lunch every Monday (excepting holidays.) The meal is served at noon though folks often come at 11:30 to visit before the meal. \$3 donation appreciated.

DINNER BELL - Delicious free dinner served every Monday from 5-6pm at the Masonic Hall, 70 Topsfield Rd. All Rowley residents welcome.

Rowley Congregational Church Dinner – The Congregational Church offers a free community dinner one Saturday night a month. **WILL RESUME IN THE FALL**

MEALS on WHEELS – The traveling meals program offers a nutritionally balanced lunch to senior residents who are unable to prepare their own.

SNAP - (Food Stamps) The Supplemental Nutrition Assistance Program for low-income households to help you expand your healthy food budget and explore opportunities to support your wellbeing and education and employment goals.

HELPING HANDS - Rowley/Ipswich Rotary Club - Local Rotarians will offer help with small chores around your home.

FUEL ASSISTANCE - The LIHEAP (Low-income Home Energy Program) and the Good Neighbor Program are available to qualified individuals to reduce their home energy costs. Tim can help with application and eligibility.

LEGAL AID - The Mass Bar Association offers the Dial A Lawyer program the first Wednesday of each month from 5:30 pm.-7:30 pm. People can call in during this time and ask legal questions free of charge. call 617-338-0610 or 1-877-686-0711 with your questions!

NEET - A transportation service offered through the COA. Volunteer drivers are matched with **enrolled** seniors who need a ride. Call 978.948.7637.

RING and RIDE - MEVA- Shared Ride Service. For shopping, Medical appointments, Visiting Friends and with a Wheel chair Lift. Call 978.469.6878 #3.

MEDICARE - Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare. To schedule a SHINE appointment, call **978-946-1374**

PET CARE PROJECT - The COA has received a donation to help needy senior citizens take good care of their household pets. Grants can be used for routine medical care, especially spaying / neutering and shots

USED MEDICAL EQUIPMENT - The Masonic Hall in Ipswich stores donated used medical equipment such as walkers, toilet seats, canes and wheelchairs. Call Tom at 351.444.8869 for your needs or to donate

MONTHLY COMMUNITY CAFÉ - Come join us for a hot cup of coffee or tea, a sweet treat, and visit with friends and old. The last Wednesday of the month; 8:30 – 10 am. There is no cost for this event. First Congregational Church 175 Main Street. All are welcome.

AgeSpan – is a private, nonprofit agency connecting people of all ages and abilities and their caregivers with impartial information, quality services, and vigorous advocacy. They are dedicated to helping people in northeast Massachusetts maintain their highest levels of independence, health, and safety as they age. 1-800-892-0890

SENIOR HOUSING – The COA provides information about and assistance with completing the state-wide CHAMPS (Common Housing Application for Massachusetts Programs) and applications for other housing options.

PAULINE C. WHITE, ABR, CRB, CRS
BROKER MANAGER



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AUGUST 2023

Standard Bulk Rate
U.S. Postage
PAID
Permit No. 12
Rowley, MA

This newsletter is made possible in part by a Grant from the Executive Office of Elder Affairs, the Friends of the Rowley COA and our Advertisers.

Bill Duke Watercolor Painting Class

On **Thursday, August 17** from **9 am to 12 noon**, at the Congregational Church. Bill Duke will teach up to ten people how to paint.

The lesson is just \$20. Materials are provided.

Come and join us!

Watercolor Instruction by W.E. Duke

Call 978.948.7637 to register and let us know if you need a ride

Lunch Time History

Dan Tremblay of Heritage Films will be presenting a short film at the COA on **Thurs, Aug 17th at 11:30 am**. Come join us for lunch and learn the history of the Gloucester Fisherman's Fiesta.



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longer.*

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go?
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978-388-7474 to learn more about volunteering.



Northern Essex Elder Transport, Inc.

Meet & Greet



**SNAP/HIP Benefits 101 and
Shopping at Farmers Markets & Local Farms!**

Tuesday, August 8th at 10 am

Rowley Council on Aging

Join CAI staff to learn more
about SNAP / HIP benefits and
how these benefits can help
households buy quality
produce from participating
local farms.

