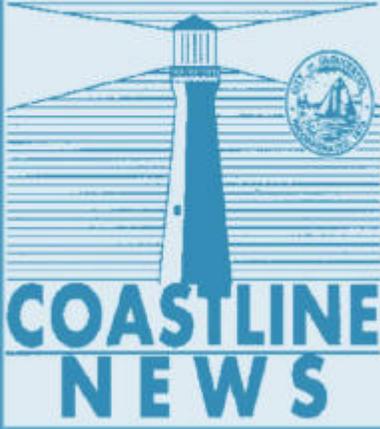


City of Gloucester, Massachusetts
Sefatia Romeo Theken
MAYOR



Gloucester Council on Aging
6 Manuel F. Lewis Street

Elise Sinagra, Director
Michael Feeney, Newsletter Distributor

April 2021

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GLoucester COA BOARD
MEETS THE FIRST TUESDAY EACH MONTH
AT 9:30 A.M.

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FRIENDS MEET THE SECOND WEDNESDAY
OF THE MONTH AT 8:00 A.M.

Greetings!

This April will be like no other.

It's easy to let this month of blossoming and renewal lift your spirits. I think we all could use it so I recommend you do just that!

April always brings a wonderful sense of rebirth and reawakening. We see it in the bursting buds of April blooms. We feel it in the sunlight that commands an ever expanding span of our waking hours. Buds that haven't quite popped yet are bursting at their seams, ready to unfurl in an explosion of pent up energy that's almost palpable.

Our New England winters are the usual cocoon that we strain against every April. What we've all been through in the past year definitely puts the usual winter cocoon into perspective. While the cocoon of a global pandemic has indeed felt tighter than any winter weather could rival, it's important to remember that bursting out of it is going to feel that much sweeter.

Just like with our gardens, we wait to see how things will eventually look. We know that although the exact shape, color and pattern of the whole picture is yet to emerge, we can take joy in every single bloom, in every floral variety that adds to the picture, in every reopening that's announced, in every restriction that's loosened, and in every joyfully resumed activity that was forced into hibernation for far too long.

At the Rose Baker Senior Center we're busy planning a month of resumption—the resumption of our collaboration with The Open Door to bring you the monthly Seniors' Mobile Market, the resumption of some special and fun drive-through events, and most importantly, the resumption, in phases, of in-person programming within our 4 walls. We don't have any dates to announce yet but just as we trust that even though spring arrives in fits and starts, it will indeed arrive; we also trust that the day will come when the Senior Center will once again be filled with fun and engaging activities, friendship, laughter, music and love.

We're definitely not entirely there yet but it's close enough that we can feel it. Some of us are still frustrated by our unvaccinated status and others who are fully vaccinated may be waiting with anticipation for the rest of their loved ones to experience that same sense of relief and freedom. But even now with the lingering frustrations and uncertainties that we still face, the light at the end of the tunnel is close enough that we can feel its warmth.

So we relish the sweetness of this particular April, maybe like no other and yet we still look forward to things getting better still. We enjoy the crocuses, daffodils, and tulips while we wait for the explosion of so many more blooms to come. Let us never let the anticipation of what's to come rob us of the blooms before us, especially not now, after what seems like the longest winter of all time.

Stay tuned everyone. There's so much more to come...

Happy Spring!

Elise Sinagra, Director of Elder Services

Friends of the Gloucester Council on Aging
2020 Annual Appeal Donations Received as of
March 16, 2021

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E. Bonnie Akerley
Sam & Janet Lucido
Michael Hillinger
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By: Dorothy Taliadoros

Theresa M. Luoni Gross Peterson

By: Mayor Sefatia Romeo Theken & Staff
and DPW Department

Your support in any amount is sincerely appreciated
by the Friends of the Gloucester Council on Aging.

Thank you for your continued contributions
dedicated to supporting the cost of mailing
"Coastline News" each month to seniors at
home:

Joe Maligno

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Stay Young at Heart Through Art

Years ago when, as a high school student I struggled with math, a gifted classmate was taking —*just for the fun of it*—extra math classes with freshmen at Harvard. In due course, this classmate would join a team lauded for its contributions to space discovery. Years later, in a chance encounter with my former classmate, the topic of art surfaced, and he offered that art process (no formal art training) had been and continues to be pivotal in his ability to cope with severe depression. Indeed, medical research shows that art process can be useful in helping to relieve anxiety and depression.

That said...Humor (however corny) gets my vote for “The Best Medicine”. (Did you know ...that, in addition to the official day for foolery, April 1st is also known as *Sweet Potato Day*; and that *April 6th is...International Pillow Fight Day*; April 7th? (my favorite)...*National No Housework Day*.)

But, I digress.

Within the realm of possibilities for “good art therapy”, I would like to offer an “art assignment” each month. Something not necessarily predictable, but which will act as a simple art exercise to spur *further* exploration — a journey of sorts. We’ll keep in mind that a journey, like any unfamiliar road trip, can take us along some unexpectedly exciting — and also —some less exciting...“scenery”. Be open to possibility.

April’s Art Exploration:

Choose an object in your kitchen: (perhaps a can opener; a bread machine; maybe a pasta cutter; or garlic press etc.) It doesn’t have to be fancy — may be super simple. For one entire month, this object will be your “artistic companion”— every day. The idea ...for approximately 10 days in the month of April... is to draw your kitchen object from a variety of angles as accurately as possible. Drawings will not be “exact”. Close will be the goal.

Keeping eye contact with the object while drawing will help to facilitate accuracy. For the next 10 days, the activity will be to draw the object from memory alternating with the opposite hand (left if right handed; right if left handed). These drawings will be abstractions from memory. The drawings will be distorted. But they will be interesting! For the remaining 10 days, choose any one of your April drawings and create (with or without your “subject” in view)... a *new work in color*. Fun and surprising results—interesting work will flow from this activity. Yes!!

If you’d like to participate in the April Art Exploration on Zoom with me and a few other budding artists, please see the information below about our newly offered, weekly art instruction.

Good health to all and remember... *Stay Young at Heart: Investigate the Arts!*
Juni

The Rose Baker Senior Center is Excited to Announce FREE ART INSTRUCTION NOW AVAILABLE ON ZOOM! THURSDAYS AT 11:00 A.M.

Our Art Program Coordinator, Juni Van Dyke will host a weekly art class using the Zoom online platform. If you’d like to participate, simply email COAactivities@gloucester-ma.gov and we will email you the Zoom link. If you’d like instruction on using Zoom, please indicate that in your email.

Unleash the Power of Age: 1623 Studios—Channel 12 Schedule

Monday , Wednesday Friday and Sunday each week:	7:30 am
Tuesday, Thursday, and Saturday each week:	3:00 am & 5:00 pm

Jennifer-Lee Levitz is busy producing new episodes focusing on topics of interest to seniors.



Cape Ann Seniors on the GO

OPENING THE DOOR TO FOOD,
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**FREE TRANSPORTATION for Food Access FOR ALL
GLOUCESTER & ROCKPORT RESIDENTS AGE 65+**

Current Schedule

WEDNESDAYS = Grocery Shopping @ Market Basket Pickups from your home start @ 8:10 am
Return home starts @ 9:50 am

THURSDAYS = Grocery Shopping @ Stop n Shop, Market Basket, and Shaw's Pickups from your home start
@10:10 am, Return home starts @ 11:50 am

**FRIDAYS = Fisherman's Wharf to purchase fresh, local seafood & The Open Door Food Pantry to receive a
pre-filled bag of perishable and non-perishable items** Pickups from your home start @ 10:00 am
Return home starts @ 10:55 am

**Reserve your FREE SEAT on our ADA compliant bus by calling CATA 978-283-7916
Please reserve your seat by 1:00 pm the day prior to any trip.**

Per the Governor's Executive Order, all riders must wear a face covering that completely covers their nose and mouth while using public transit. Please maintain a safe distance from others and stay home if you are not feeling well.

Cape Ann Seniors on the GO is a collaborative effort of:



**CAPE
ANN**

Gloucester Health Dept. | Gloucester Housing Authority
Gloucester Council on Aging | CATA | Rockport Council on Aging
Rockport Housing Authority | Harborlight Community Partners

Cape Ann Seniors on the GO is funded by:

Massachusetts Community Health & Healthy Aging Fund and

Beth Israel Lahey Health
Beverly Hospital

Beth Israel Lahey Health
Addison Gilbert Hospital

Because **EVERYONE LOVES A SURPRISE**, Cape Ann Seniors on the Go is also offering a monthly food shopping trip on The Mystery Bus. The Seniors on the Go Bus will pick you up at around 9:30 am and will have you home around noon. If you would like to go on the Mystery Trip call Rosalie Nicastro @ 978-491-9175. To reserve your seat on the bus, you must call by the Friday before the date you want to go on the MYSTERY BUS! **The next trip is scheduled for April 13th.**



Questions about Medicare? SHINE can help.

(Serving Health Insurance Needs of Everyone)

If you would like to meet with a SHINE counselor by phone, please call
978-325-5800 and speak to or leave a message for Michael Feeny or Ann Freeman.

THE SENIOR CENTER HAS A NEW PHONE NUMBER!

But don't worry...the old number will still work for a little while but eventually it won't so
please make note of our new number:

978-325-5800

Cape Ann Virtual Senior Center

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your home



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Essex, Rockport, Gloucester & Manchester by the Sea
SeniorCare Inc.
Age & Dementia Friendly Cape Ann
1623 Studios

Cape Ann Virtual Senior Center

We are beyond excited to launch the Cape Ann Virtual Senior Center!

By partnering with other Cape Ann Councils on Aging, as well as SeniorCare, and 1623 Studios, we are able to bring some of the programming you previously enjoyed at the Senior Center to you in the safety of your home on

LOCAL CABLE CHANNEL 67

OUR NEW CAPE ANN VIRTUAL SENIOR CENTER!

The Cape Ann Virtual Senior Center will add at least 2 exercise classes during the month of April. Days of the week and specific times that these exercise instruction shows will air will be posted on the "Rose Baker Senior Center Gloucester" Facebook page. If you're not on Facebook, simply call us at the Senior Center around mid-April for full details.

Don't forget to follow us on Facebook!

Simply go to Facebook, then search for "Rose Baker Senior Center Gloucester" to find and "Like" our page for the latest information on new programs and services and occasional photos and videos to help us stay connected.

Do you need Non-Emergency Medical Transportation?

The Rose Baker Senior Center is collaborating with CATA to provide non-COVID related non-emergency medical transportation both within and outside of Gloucester. Rides should be scheduled 48 hours (2 business days) in advance.

Call 978-325-5800 and press 4 for more information.

Transportation can be used for delivery of prescriptions and procurement of other items that are essential to your health and medical needs. Call for details or email rbsc.medical.rides@gmail.com

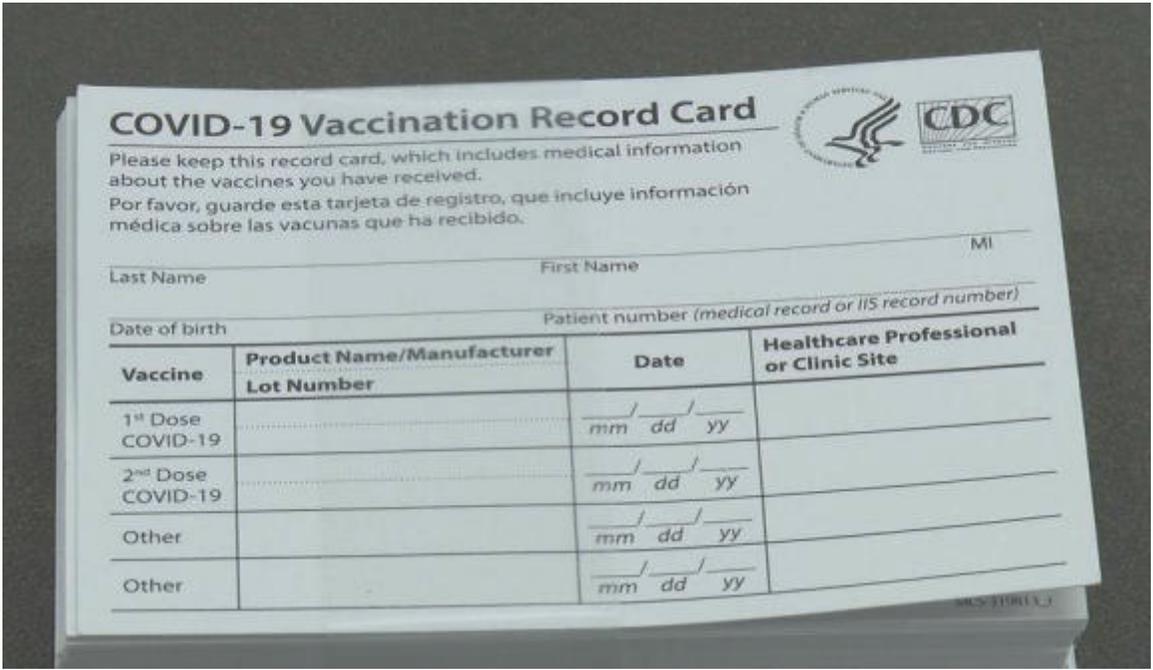
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>April 2021</h1> <h2>Meals on Wheels and Grab n Go Lunch Menu</h2>			<p>1 11 Countries adopt the Euro as common currency</p> <p>Hot Dog</p>	<p>2 Windfall act on Oil Industries High Profits</p> <p>Fish Sticks</p>
<p>5 Fox Broadcasting makes its Prime Time Debut 1987</p> <p>Roasted Turkey</p>	<p>6 America enters World War I in 1917</p> <p>BBQ Pulled Pork</p>	<p>7 The World Health Organization (WHO) is established 1948</p> <p>Stuffed Chicken Broccoli</p>	<p>8 Long Acre Square in Manhattan, NY was renamed Times Square. 1904</p> <p>Spring Celebration Ham & Asparagus Quiche</p>	<p>9 America's First Astronauts introduced 1959</p> <p>Ravioli</p>
<p>12 First Space Shuttle Columbia Launched 1981</p> <p>Apple Glazed Pork Loin</p>	<p>13 Boulder Dam completed 1936</p> <p>Chicken Pot Pie</p>	<p>14 Apollo 13 explosion 1970</p> <p>American Chop Suey</p>	<p>15 President Lincoln is shot and mortally wounded 1865</p> <p>Roasted Turkey w/gravy</p>	<p>16 The Queen launches the Royal Yacht Britannia 1953</p> <p>Beef Shepherd's Pie</p>
<p>19 Very first Boston Marathon is run 1897</p> <p>Happy Patriots Day Senior Center Closed</p>	<p>20 Deepwater Horizon explodes in the Gulf of Mexico 2010</p> <p>Pot Roast</p>	<p>21 Student Protest and Massacre in Tiananmen Square 1989</p> <p>Meatball Sub (chicken)</p>	<p>22 First Earth Day Observance 1970</p> <p>Chicken w/vegetables</p>	<p>23 New Coca Cola formula is released 1985</p> <p>Meatloaf</p>
<p>26 Nuclear Meltdown in #4 Reactor at Chernobyl 1986</p> <p>Honey Roasted Pork</p>	<p>27 Nelson Mandela voted in as South Africa President 1994</p> <p>Chicken w/Mushrooms</p>	<p>28 Kon-Tiki Expedition starts in 1947</p> <p>Steak & Cheese Sub</p>	<p>29 US Troops Invade Cambodia 1970</p> <p>Stuffed Pepper</p>	<p>30 George Washington inaugurated as First President of the United States 1789</p> <p>Salmon</p>

Don't stop moving!

Nia with Linda Wilkes—No Impact Fitness for Any Age. It's easy!

Studio 1623—Channel 12

Mon, Wed, Fri, Sun at 8:00 a.m. & Tues, Thur, Sat at 6:00 p.m.



IF YOU HAVE RECEIVED YOUR COVID-19 VACCINATION IT IS VERY IMPORTANT THAT YOU KEEP THIS CARD!

Proof of vaccination is emerging as a requirement for more and more things every day. This card is your important medical record of your vaccination status. Keep it in a safe place and just to be extra safe, you may even want to take a photo of the card.

If you are over 75 and you still do not have a vaccination appointment, please call Ann Freeman, our Outreach Social Worker at 978-325-5800 Wednesdays, Thursdays, or Fridays or use that same number to call Elise Sinagra on Mondays or Tuesdays. If you are eligible but not yet 75 years old, please call SeniorCare's Vaccine Information and Support Team at 978-281-1750, then press 1 and leave your contact information.

If you are homebound, please call the Massachusetts Homebound Vaccination Program's Central Intake Line at 1-833-983-0485 Monday through Friday from 9 a.m. to 5 p.m.

COVID-19 Vaccination in MA: Eligibility Status

Phase	Group	Status
Phase 1	All phase 1 priority groups	Now eligible
Phase 2	1 Individuals age 75+	Now eligible
	2 Individuals age 65+ and individuals with 2+ certain medical conditions	Now eligible
	3 K-12 educators, K-12 school staff, and child care workers	Now eligible
	4 Individuals age 60+ and workers in certain sectors (including transit, grocery, utility, food and agriculture, sanitation, public works, and public health workers)	Now eligible
	5 Individuals age 55+ and individuals with 1 certain medical condition	Eligible 4/5
Phase 3	1 Individuals age 16+	Eligible 4/19

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The Rose Baker Senior Center &
The Open Door

are thrilled to announce the return
of the
OPEN DOOR MOBILE MARKET!



The Open Door will have free, nutritious groceries available for pickup outside the Senior Center on Thursday, April 22nd, starting at 12:00 noon. This program is open to all senior center members age 60+, and offers fresh fruits and vegetables, delicious prepared meals, and pantry staples. Call 978-325-5800 for more information and to reserve your drive through time.

YOU MUST SIGN UP IN ADVANCE TO PARTICIPATE.

**Not a Senior Center member? No worries!
We can fix that in a jiffy when you call to sign up.**

**PLEASE JOIN US FOR CHAIR YOGA PLUS
WITH DIANNA DALY! IT'S A GREAT WAY TO GET MOVING!**

The Gloucester Council on Aging is offering Chair Yoga Plus with Dianna **FREE** of charge on **Wednesdays at 10:00 a.m., via Zoom.**

Chair Yoga Plus for Seniors can help you: improve core strength & balance, increase flexibility, promote mobility, improve mental health and positive feelings, increase oxygen intake, and help reduce stress and the emotional response to stress.

To join the Zoom class, call the Senior Center at 978-281-9765 ext 12, 13, or 22 and provide your email address. We'll email you the Zoom link and Passcode.

Our weekly Zoom yoga class is a friendly bunch and they'd love to meet you!

Try a Grab & Go Lunch at Rose Baker Senior Center

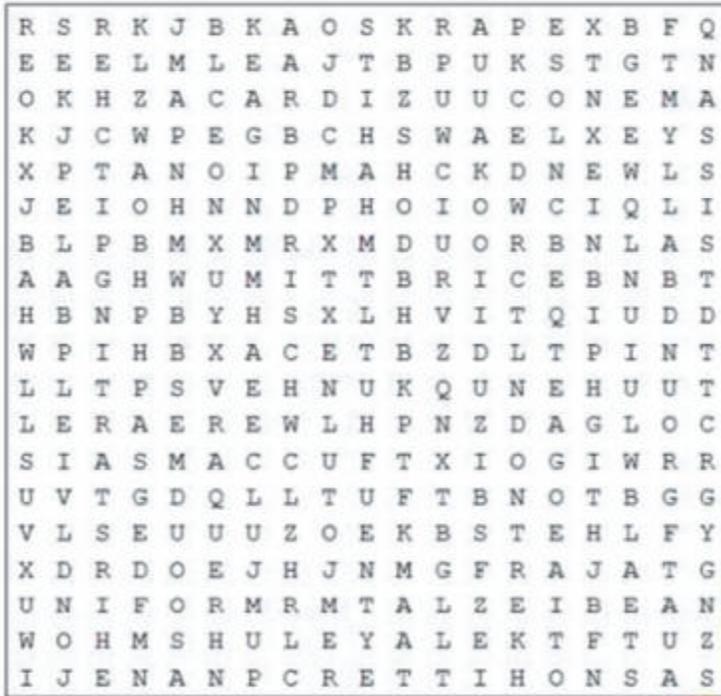
See the calendar on page 6 for daily entrée information then call us 24 hours or more in advance to sign up for a nutritious and delicious lunch.

- SeniorCare, in collaboration with the Rose Baker Senior Center, is providing take out lunches that you can pick up in your car Monday through Friday.
- Seniors (age 60+) drive to the Rose Baker Senior Center's parking lot and pick up a lunch. Please wear a mask and follow all safety protocols outlined by staff during pick up.
- Please call 24 hours or more in advance to reserve a meal at 978-283-0359. Pick-up time is 11:00-11:30am.

**Are you excited about the return of baseball season? We sure are!
Enjoy this word search to get in the spirit.**



BASEBALL Word Search



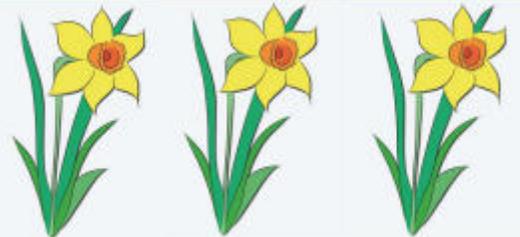
- | | | |
|---------------|-------------|------------------|
| ASSIST | GROUND BALL | PARK |
| AT BAT | HELMET | RUN |
| BUNT | HITS | SAVES |
| CARD | LEAGUE | SCORE |
| CHAMPION | LINEUP | STARTING PITCHER |
| CLUB | LOSE | STEAL |
| DECK | MITT | TAG |
| DOUBLE HEADER | NINE | THROW |
| FIRST | NO-HITTER | UNIFORM |
| FOUL | OUT | WALK |

Did you know that the Mass RMV has special designated “Senior Wednesday Hours”?

And they just expanded those designated senior hours starting in April. They used to serve seniors who are 75 and older on Wednesdays but starting in April, they have expanded their special Wednesday availability to seniors who are 65 and older.

Customers who are 65 years of age or older will be able to book in-person transaction appointments in April during designated Wednesday senior hours online at Mass.Gov/RMV. Services that are available for customers during designated senior hours include driver’s license and ID renewals and registration and title transactions.

If you’d like more information about the RMV’s Senior Wednesdays, or information about other options for conducting RMV business, or help scheduling an appointment online, **please call Ann Freeman at 978-325-5800.**



Element Care is offering a FREE Arthritis Exercise Class on Zoom!

WEDNESDAYS AT 1:00 P.M.

Join Carol for Element Care's Arthritis Exercise class and enjoy exercises specifically for people with arthritis. Learn gentle activities to help increase joint flexibility, range of motion, overall stamina and to help maintain muscle strength.

You must pre-register which is easy to do.

Just call Element Care’s Education and Outreach Coordinator, Carol Pallazolla at 978-879-7652

While many people look forward to the freedom associated with retirement, it isn't without its costs. While work has obvious financial perks, it may also offer health and mental health benefits. A 2009 study found that people who pursued post-retirement employment enjoyed better physical and mental health and a 2014 study of nearly half a million people found that for each additional year that people work, they reduce their risk of dementia by 3.2%. So if you're interested in the financial benefits or the health benefits of working past retirement, Operation A.B.L.E. (Ability Based on Long Experience) might be something to look into. Enrollment in their Senior Community Service Employment Program could even land you at the Rose Baker Senior Center! Please see the information below for important details.

**Over 55 and Unemployed?
ENROLL IN A.B.L.E.'S SENIOR COMMUNITY SERVICE PROGRAM
(SCSEP)**

Benefits include:

Paid on-the-job training opportunities in your community (income from SCSEP does not count towards SNAP benefits); The chance to update your skills and learn new ones; Current job experience for your resume; Job Search Assistance

Eligibility Criteria:

Resident of Essex, Middlesex County; Be currently unemployed; Age 55 or older; Meet federal low-income guidelines; Be committed to finding a job

START LEARNING (AND EARNING) RIGHT AWAY!

Contact Florence Williams, Monday through Thursday at 978-879-3942 or by email at fwilliams@operationable.net

or check them out at www.OperationABLE.net

**DISCOUNT TRASH BAGS NOW OFFERED TO SENIORS 65+
MONDAY THROUGH FRIDAY FROM 10:00 AM TO 2:00 PM
NO APPOINTMENT NECESSARY**

Simply enter the parking lot from Manuel F. Lewis Street and follow the signs. Stay in your car with your mask on and please place the exact amount in an envelope.

Small bags are \$5.00 and large bags are \$7.50

If a staff member is not immediately visible outside in the parking lot to serve you at your vehicle, one will be out within a few minutes. Staff may need to temporarily step away from monitoring the parking lot but it won't go unmonitored for more than 5 minutes.

We appreciate your patience.

WOULD YOU LIKE TO BECOME A DEMENTIA FRIEND?

Over 130,000 people are living with Alzheimer's in Massachusetts. Join the global movement to change the way people think, act and talk about dementia! Become a Dementia Friend by attending a one-hour virtual information sessions hosted on Zoom by **Age & Dementia Friendly Cape Ann**. You will learn five key messages about living with dementia and the simple things you can do to make a difference in your community.

Upcoming sessions:

Thursday, April 8 at 9:30 AM

Wednesday, April 14 at 3:00 PM

For more information or to register for one of these sessions, email carrie.johnson@seniorcareinc.org or call 978-281-1750

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Don't forget that the emailed version of Coastline News goes out 2 to 3 times a month with up-to-the-minute information on Council on Aging programs and services in addition to other news that's of interest to our vibrant senior community. To sign up for our e-news version, simply write to:

coaactivities@gloucester-ma.gov

and ask to be added to our email list. We won't bombard you and we won't share your email address with anyone else.

Thank you for reading Coastline News!

Gloucester Council on Aging
6 Manuel F. Lewis Street
Gloucester, MA 01930

Council on Aging Staff
978-325-5800

Elise Sinagra,
Director of Elder Services,
Michael Feeney
Senior Clerk

Ann Freeman, LSW
Outreach Social Worker,

Juni VanDyke,
Art Program Coordinator,

Jennifer-Lee Levitz
Video Production Coordinator

Denee DeCoste Beal,
Medical Rides Coordinator

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