

City of Gloucester, Massachusetts
Sefatia Romeo Theken
MAYOR



Gloucester Council on Aging
6 Manuel F. Lewis Street

January 2022

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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 and Happy New Year!

I think we should officially make 2022 The Year of Acceptance and Gratitude. I'm not quite sure how one goes about making such a thing "official" but I think that if each and every one of us proclaims it to be true in our own hearts and minds, that's official enough for me.

You might understandably be asking yourself what acceptance has to do with gratitude. I think most of us know by now how important it is to accept things over which we have no control – but what does that have to do with being grateful? Realizing we have no choice but to accept something that we don't like but can't control is certainly a far cry from that warm fuzzy feeling we get when we feel deeply grateful for something. Here's what I say to that: where acceptance creates space, gratitude can grow.

With the news of the day still dominated by COVID concerns and with so much ongoing uncertainty about current known variants and those variants possibly still to come, it's extremely important for us to sort out what we can control and what we can't. The primary goal of this exercise, I feel, is to free ourselves from those negative emotions that stem from things that we simply can't change. If we can't change it, why spend any mental energy on it? When we free ourselves of the mental energy we spend fretting or feeling angry about things we can't control, it creates space for us to focus on all the things for which we are grateful.

Instead of feeling angry because masks are again playing an increasing role in our lives, or feeling fearful about mutations and whatever their implications may be, let's instead take stock of just how far we've come since this same time last year. Even though our infection rates and active case counts are startlingly high at the time of this writing, the fact remains that if you are fully vaccinated, which now includes your booster shot, it's unlikely that you will be hospitalized due to COVID and extremely unlikely that you would die due to a COVID breakthrough case. That's a lot to be grateful for! Here are some more things from my personal gratitude list that demonstrate how far we've come from this time last year:

- First and foremost, we RE-OPENED THE ROSE BAKER SENIOR CENTER for on-site, in-person programs and services! The staff gets to see you and you get to see each other and that feels great!
- We were able to host vaccination and booster shot clinics as well as a flu clinic – all run by Gloucester Health Department to help protect seniors and many others in our community. We played our part in helping to achieve a 99% vaccination rate among residents over the age of 64!
- We hosted festive luncheon parties with great food, music, and prizes for Halloween and Christmas. All seniors who attended reported having a great time at both events!
- We collaborated with The Open Door to offer FREE and delicious Thursday soup and sandwich luncheons averaging approximately 40 seniors per week.
- We were able to fill our vacant Outreach Coordinator position with the kind and competent Julie Smith who is able to work with our knowledgeable long time Outreach Social Worker, Ann Freeman to provide help with social services IN-PERSON which is so much more effective and pleasant than over the phone.

So if the stuff you can't control starts getting you down or frustrated, just chant along with me "remember how far we've come...remember how far we've come" and let that internal chant spur your own gratitude list. We can control the things we choose to think about! And THAT is a New Year's resolution that's right on time for 2022!

HAPPY NEW YEAR EVERYONE!
Elise Sinagra, Director of Elder Services

**Friends of the Gloucester Council on Aging
Membership Drive**

New Members as of December 16, 2022

Diamond

Gilbert Fund for Indigent Persons
Peter & Kimberly Macleod
Bonnie & Joel Shelkrot

Gold

John Ross
Mary Benham
Margaret Allen

Donations Received in Memory of:

Phyllis Moore By: Edna Beaudoin
Phyllis Reardon
Sandra L Smith

Rose Bertolino By: SeniorCare,

The Gloucester Council on Aging deeply appreciates the following individuals for their donations to the Gloucester Council on Aging or Rose Baker Senior Center. We thank this month's direct contributors:

Margaret Coronel
The Jebediah Foundation (at the request of Rob Amory)

Donations made to help with the cost of mailing the Coastline News to folks at home each month. Thank you!

Antonia Grillo
Barbara Buswell
Martin Sheridan
William, Cheryl Doucette
Marilynn Grant
Phyllis Reardon
Margaret Allen
Marion C. Haselgard

Donations Received in Honor of:

Selma Bell
By: Charles J. Steiner

We are grateful for all those who support us in any capacity.

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PLEASE JOIN US ON THURSDAYS DURING JANUARY AS WE HOST

Rosie's Picnic Lunch

**We are offering a picnic style brown bag lunch every Thursday,
FREE OF CHARGE at the Rose Baker Senior Center!**

**Lunches include a sandwich with condiments, a side salad (like potato salad, coleslaw, pasta salad, garden salad etc.), a bag of chips, fruit, dessert, and
DELICIOUS SOUP (perfect for winter weather)!**

***Sign up today and encourage your friends to do the same.
We would LOVE to see you here in January!***

**FOR MORE INFORMATION OR TO SIGN UP FOR LUNCH, PLEASE CALL MICHAEL AT THE
SENIOR CENTER AT 978-325-5814.**

ROSE BAKER SENIOR CENTER INCLEMENT WEATHER POLICY

If all Gloucester City Hall is **CLOSED due to bad weather**, the Senior Center will also be closed.
If Gloucester City Hall is open but Gloucester Public Schools are **CLOSED DUE TO BAD WEATHER**,
then the Senior Center will be **OPEN** but all programs will be cancelled for the day.

If the weather is questionable and you are not sure if we are open and running programs, please call us at
978-325-5800 to verify our status for the day. *Thank you!*

Dear Artists,

One of Gloucester's great treasures is The Cape Ann Museum. Thus, it was my recent pleasure to assist Pippy Giuliano in a wonderful group gathering of Gloucester Seniors for a Slow Art Tour of the museum's current exhibition: *Cape Ann and Mohegan Island Vistas*.

A Slow Art Tour provides opportunity for lingering over an exhibition with others, thus encouraging an exchange of ideas related to the artwork. If such a tour is something in which you would like to take part, please let me know. I would be most willing to accommodate.

Meanwhile, our kiln has been carefully evaluated and is now ready for firing our many creative bowls in preparation for this year's Empty Bowl Dinner. We invite your participation in this on-going community project.

Happily, we welcome the following newcomers to the Art Program: Donald Fox with his many years of watercolor experience. We are grateful to Donald for all that he is sharing with us. Maureen Surette with her love of color and her enthusiasm for abstract art. Debbie Griffith who is engaged in producing a remarkable portrait of her dog. (You must see!) And Nancy Owen who is currently exploring a series of paintings that will accompany her own delightful and engaging children's story.

And speaking of sharing creative gifts...you are sure to enjoy the current exhibition of work by several of our art program regulars. The work is on display in the lobby — every piece a wonderful testimony to the creative possibilities that reside within us all.

Happy New Year Everyone! Remember... *STAY YOUNG AT HEART, INVESTIGATE THE ARTS!*
Juni

The Office of State Senator Bruce Tarr will offer

**CONSTITUENT SERVICES AT THE ROSE BAKER SENIOR CENTER
On Wednesday, January 12th from 9:30 to 10:30 a.m.**

The Senator's Office may be able to accept walk-ins, but an appointment will hold your spot.

Please call 978-325-5800 and press 4 to reserve your time.

Line Dancing Lessons at the Rose Baker Senior Center at a new time!

We offer **FREE** Line Dancing lessons on Wednesday mornings at 9:15! Space is limited so please call to sign up. Simply dial 978-325-5800 and press 4 to speak with Michael to hold your spot for this fun and beneficial activity!

Did you know that Line Dancing can improve strength and muscle function? It can also help with balance and brain health. Most of all it can be a heart healthy way to **SOCIALIZE AND HAVE FUN!**

VNA Care's Keep Well & Blood Pressure Clinics

are offered on the 1st and 3rd Wednesdays of every month at the Rose Baker Senior Center.

Keep Well Clinics are FREE and open to residents age 60 and over. Run by community health nurses from VNACare, services include health assessments (blood pressure, blood sugar, and weight monitoring; cardiopulmonary assessments, etc.), information (medication, diet, disease management, preventive health, etc.), and referrals to community resources.

Call the Rose Baker Senior Center at 978-325-5800 and press 4 to sign up for our next clinic.

SCAM WATCH!

This is not an exhaustive list, scammers keep trying new and creative ways to commit fraud to **steal your money**. Here's some helpful information about common scams and techniques and helpful suggestions to keep in mind:

- Grandparent scams have been reported by Cape Ann residents. In this scam, the caller claims to be a grand-child or other loved one in a crisis. This is to use your good heart against you. Always remember to resist the urge to act immediately, no matter how dramatic the story is. Verify the person's identity by asking questions that a stranger could not answer. Call a phone number for your family member or friend that you know to be genuine. Check the story out with someone else in your family or circle of friends, even if you've been told to keep it a secret.
- One of the biggest red flags of a scam these days is anyone who tries to convince you that you owe some debt or other obligation, and the quickest way to address the issue is to purchase gift cards and share the information off the back. The Federal Trade Commission reports that gift cards have been the most common form of payment in scams since 2018. ANYTIME you are directed to pay a debt or other obligation with a gift card, it is a scam.
- The Social Security Administration will never threaten, scare, or pressure you to take immediate action. Do not give anyone who claims to be from the Social Security Administration money or ANY of your personal information.
- Don't wire money or send a check or money order by overnight delivery or courier. Requests for these kinds of payments are a scam.
- Report possible fraud at [ftc.gov/complaint](https://www.ftc.gov/complaint) or by calling 1-877-FTC-HELP.

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City _____

Donation Amount: _____

Circle one: Cash / Check



The **Open Door's** Mobile Market (formerly known as the Brown Bag) will take place on:

Friday, January 28th at 10:15 a.m.



Please call 978-325-5800 and press 4 to **reserve your time to come to the Senior Center on Friday, January 28th** to shop for free nutritious groceries courtesy of The Open Door!

This program is open to all senior center members age 60+, and offers fresh fruits and vegetables, delicious prepared meals, and pantry staples. The program starts at 10:15 a.m.

YOU MUST SIGN UP IN ADVANCE TO PARTICIPATE.



Cape Ann Seniors on the OPENING THE DOOR TO FOOD, FITNESS AND FUN

The Cape Ann Seniors on the Go bus will now pick you up at your home and bring you to The Open Door's monthly Mobile Market Program at the Rose Baker Senior Center!

TO ARRANGE FOR A RIDE TO AND FROM THE MOBILE MARKET ON FRIDAY, JANUARY 28th, PLEASE CALL ROSALIE AT 978-491-9175.

You will be picked up by the comfortable Seniors on the Go Bus and brought to the Senior Center where the bus riders will "shop" as a group and then you'll be transported back home with your groceries. Getting nutritious groceries while having fun has never been easier!

Movies, Memory, and Meaning...



Please join us at the Rose Baker Senior Center on the Third Thursday of every month at 12:30 for Fun, Food and Film.

After each film will be a short chat about the film with some light refreshments.

January 20, 2022– Selma

Ava DuVernay's award-winning drama, tells the story of Dr. Martin Luther King, Jr.'s efforts to achieve equal voting rights with the historic 1965 march from Selma to Montgomery, Alabama.

FREE FINANCIAL CONSULTATIONS


Certified Financial Planner, Tom Dexter provides free financial consultations to Rose Baker Senior Center members on the 3rd Thursday of each month.

To schedule an appointment please call 978-325-5800 and press 4 to speak with Michael.

Could you use a friend?

Please call Ann on Wednesdays, Thursdays, or Friday mornings at the Rose Baker Senior Center to ask about our **Friendly Phone Call Program.**

Call 978-325-5800 and press 3 to speak with Ann.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:00 Art Program 11:00 Bridge Lessons Ribecue	4 9:00 SHINE 9:30 COA Meets 10:00 Art Program 10:00 Knit & Crochet 11:00 Duplicate Bridge 12:30 Scrabble 1:00 Cribbage Tournament Pesto Chicken	5 9:15 Line Dancing 10:00 VNA North Shore 12:30 Bingo 1:00 Arthritis Exercise Mac & Cheese	6 10:00 Art Program 10:00 Memoir Writing Group 11:30 Rosie's Picnic Lunch 12:30 Legal Questions & Information 12:30 Thursday Movie 1:00 Musical Performance 1:00 Earth History 1:30 Chess Club Beef Stuffed Pepper	7 10:00 Arthritis Exercise 12:30 Bingo Salmon w/cream sauce
10 10:00 Art Program 11:00 Bridge Lessons Spinach & Cheese Frittata	11 9:00 SHINE 10:00 Art Program 10:00 Knit & Crochet 11:00 Duplicate Bridge 12:30 Scrabble 1:00 Matter of Balance 1:00 Cribbage Tournament Turkey w/Gravy	12 8:00 Friends of the COA Meet 9:15 Line Dancing 9:30 State Sen Tarr's Constituent Service 12:30 Bingo 1:00 Arthritis Exercise 1:00 SHINE Hot Dog	13 10:00 Art Program 11:30 Rosie's Picnic Lunch 12:30 Thursday Movie 1:00 Earth History 1:30 Chess Club Special: Pot Roast w/gravy	14 10:00 Arthritis Exercise 12:30 Bingo Cranberry Chicken
17 Martin Luther King Jr. Day Rose Baker Senior Center Closed	18 10:00 Art Program 10:00 Knit & Crochet 11:00 Duplicate Bridge 12:30 Scrabble 1:00 Matter of Balance 1:00 Cribbage Tournament Stuffed Shells	19 9:15 Line Dancing 10:00 VNA North Shore 12:30 Bingo 1:00 Arthritis Exercise 1:00 SHINE BBQ Chicken	20 10:00 Financial Info & Consultation 10:00 Art Program 10:00 Memoir Writing Group 11:30 Rosie's Picnic Lunch 12:30 Thursday Movie 1:30 Chess Club Dijon Pork	21 10:00 Arthritis Exercise 12:30 Bingo Sloppy Joe's
24 10:00 Art Program 11:00 Bridge Lessonst Salisbury Steak	25 10:00 Art Program 10:00 Knit & Crochet 11:00 Duplicate Bridge 12:30 Scrabble 1:00 Matter of Balance 1:00 Cribbage Tournament Pork Teriyaki	26 9:15 Line Dancing 12:30 Bingo 1:00 Arthritis Exercise 1:00 SHINE Broccoli & Cheese Stuffed Chicken	27 10:00 Art Program 11:30 Rosie's Picnic Lunch 12:30 Thursday Movie 1:30 Chess Club Beef Stew	28 10:00 Arthritis Exercise 10:15 Mobile Market 12:30 Bingo Baked Fish
31 10:00 Art Program 11:00 Bridge Lessons Eggplant Parmesan	 <h1 style="color: purple; font-family: serif;">January 2022</h1>			

All menu items listed on the calendar above are for the Meals on Wheels and Grab and Go Lunch Programs provided in collaboration with SeniorCare Inc. To sign up for a Grab & Go Lunch, please call 978-283-0359. To learn more about the Meals on Wheels program, please call SeniorCare Inc. at 978-281-1750 and speak with their Nutrition Department.

**THE ROSE BAKER SENIOR CENTER WILL BE
CLOSED on MONDAY, JANUARY 17th**

In observance of Martin Luther King Jr. Day

**"Darkness cannot drive out darkness:
only light can do that.
Hate cannot drive out hate:
only love can do that."**

Martin Luther King Jr.

**"OUR LIVES BEGIN
TO END THE DAY
WE BECOME
SILENT ABOUT
THINGS THAT
MATTER."**

MARTIN LUTHER KING JR.

**Martin Luther King Jr.
Day will be celebrated
on January 17, 2022**

- **Banks:** Most closed
- **Courts:** Closed
- **Federal Offices:** Closed
- **Libraries:** Closed
- **Malls:** Open regular hours
- **City of Gloucester
Offices:** Closed
- **Post Office:** Closed, no mail
delivery
- **Registry of Motor
Vehicles:** Closed
- **Restaurants:** Open
- **Retail Stores:** Open

**THE TIME IS ALWAYS
RIGHT TO DO WHAT
IS RIGHT.**

-MARTIN LUTHER KING, JR.



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**Element Care is offering a FREE Arthritis Exercise Class!
WEDNESDAYS AT 1:00 P.M. at the Rose Baker Senior Center**

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.

Just call the Senior Center at 978-325-5800 and press 4 to speak with Michael or register in-person by stopping by the Senior Center.

FREE CHAIR YOGA PLUS WITH DIANNA DALY VIA ZOOM!

The Gloucester Council on Aging is offering Chair Yoga Plus with Dianna **FREE** of charge on Thursdays at 9:00 a.m., via Zoom.

Get moving in the comfort of your own home!

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

To join the Zoom class, call the Senior Center at 978-325-5800 and press 4 to provide your email address to Michael. We'll email you the Zoom link and Passcode.

TED
IDEAS WORTH SPREADING



**A GREAT WAY TO
START YOUR
WEEK!**

Join us for a new FREE program taking place on the 4th Monday of each month, commencing with Monday, January 24th at 10:00 AM.

TED TALK COFFEE HOUR

We'll view a popular TED Talk, followed by coffee, light morning snacks, and reflective conversation facilitated by a member of our Social Work staff. Our first installment of this monthly series will feature award-winning Developmental Psychologist, Susan Pinker who gives a surprising talk that reveals how human interactions are not only necessary for human happiness but also could be a key to health and longevity.

Please sign-up in advance by calling Elise at 978-325-5815.

AARP TAX PROGRAM...

We are working out the details with our partners at AARP Massachusetts to determine how the AARP Tax Program can work this year in a way that is safe and helpful. Please check back in the February edition of Coastline News for more information on how this year's services will be structured and how to sign up.



It's Time to Get Your Booster Shot.

Getting a COVID-19 Vaccine and Booster is free and easy! You don't need an ID or insurance to get it. The vaccine is safe and effective. Everyone age 16+ who lives, works, or studies in Massachusetts should get a COVID-19 booster. Johnson & Johnson, Moderna, & Pfizer COVID-19 vaccines & boosters are available now. You can mix and match vaccines. You do not need to get the same vaccine brand for your booster as your original COVID-19 vaccination. For more information, visit the Commonwealth of Massachusetts website: mass.gov/covid-19-vaccine. **Individuals without access to the internet or who are unable to schedule their appointment online can call the Senior Center at 978-325-5800 for assistance.**

Who says there's no such thing as a free lunch?

DID YOU KNOW...

...that you can get a FREE nutritious GRAB & GO LUNCH 5 days per week from the Rose Baker Senior Center and our partners at SeniorCare?

Simply call 978-283-0359 before 11:00 a.m. to order your lunch for the following day (call on Friday for Monday lunch). Then stop by the Senior Center between 11:00 and 11:30 AM to pick up your lunch the next day. See the calendar on page 6 for daily menu information.

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 Senior Center programming to you in your home.

CHECK OUT LOCAL CABLE CHANNEL 67 FOR SPECIAL PROGRAMMING INTENDED JUST FOR YOU!

Unleash the Power of Age:

Special Programming BY and FOR our active community of older residents!
A collaboration between the Gloucester COA & 1623 Studios

ON CHANNEL 12

Mondays & Fridays at 9:30 AM

Wednesdays & Saturdays at 9:00 PM

New Year, New YOU!

Did you make a health related New Year's resolution?

Incorporating whole grains into your diet can be an easy step to take towards better nutrition and better health!

According to the Mayo Clinic, whole grains are naturally high in fiber, helping you feel full and satisfied — which makes it easier to maintain a healthy body weight. Whole grains are also linked to a lower risk of heart disease, diabetes, certain cancers and other health problems. The Dietary Guidelines for Americans recommends that at least half of all the grains you eat are whole grains. Here are some easy tips to get more whole grains into your diet:

Whole Grain Ideas for Every Meal

Breakfast	Lunch	Snacks	Dinner
Oatmeal with fresh berries or cinnamon	Whole grain toast with smoked salmon, yogurt, and red onion	Whole grain cereal with yogurt (<i>look for low-sugar options</i>)	Whole grain pasta with a sauce and a side salad
Whole grain toast with a hard-boiled egg and fruit	Stuffed whole grain pita with hummus and veggies	Whole grain granola bar or oat bar	Black beans served with brown rice or barley and veggies
Whole grain corn grits with eggs	Whole grain veggie burger on a whole grain bun	Whole grain graham crackers	Baked fish and veggies, served with farro or brown rice

CELEBRATING PEOPLE AND OUR PAST

Gloucester will be marking its 400th anniversary in 2023. Planning for this anniversary began a few years ago with the goal of making 2023 a year of celebrating community. Part of this goal is to highlight the stories and people who contributed to making Gloucester what it is today.

The web site for the 400th is gloucesterma400.org. On this web site you will see the Stories Project. A number of stories and photos are featured.

Do you have a story you would like to share? How you or your ancestors came to Gloucester? Special people or events that have contributed to the fabric of our city?

GLOUCESTER 400 welcomes you to go to this web site to check out the Stories Project and enjoy what they have already shared.

If you would like to participate but need some assistance, please call the Rose Baker Senior Center at 978-325-5811 and speak with Julie.

GLOUCESTER
400TM
1623 | 2023
OUR PEOPLE, OUR STORIES

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 offered at **YOUR** Rose Baker Senior Center.

We also share information of interest to seniors in the community, and occasional photos and videos to help us stay connected and add a little fun!

Am I eligible for a COVID-19 booster shot?

Who?

Individuals **18+** who are fully vaccinated



When?

- At least 6 months after Pfizer or Moderna
- At least 2 months after J&J

Which booster shot do I get?

- You may have a preference, but you can get any type of vaccine for your booster shot

More information at mass.gov/COVID19booster

If you need assistance finding and/or registering for a COVID-19 booster shot, please call the Rose Baker Senior Center at 978-325-5800 and press 2 to speak with Julie or press 7 to speak with Elise.

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Gloucester Council, Gloucester, MA

06-5096

Don't forget that the emailed version of Coastline News goes out 1 to 2 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:

esinagra@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

Julie Smith, LSWA
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Ann Freeman, LSW
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