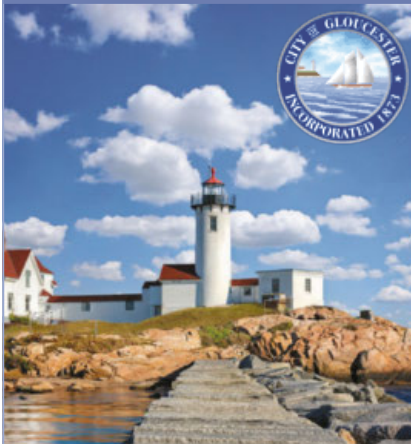


City of
GLOUCESTER
MAYOR GREG VERGA



Gloucester Council on Aging
6 Manuel F. Lewis Street

February 2022

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Michael Feeney, Newsletter Distributor

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

FRIENDS OF THE GLOUCESTER COUNCIL ON AGING DIRECTORS

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

Greetings!

This particular February sure feels like no February that I can recall. The Omicron variant surge has been jarring to say the least. I think most of us have had some form of recent stress that's related to it – a loved one who got sick, perhaps our own positive COVID diagnosis and symptoms, worry about whether or not we are doing enough to protect ourselves – the list could go on. As a community we're mourning devastating new COVID losses and we again have cause for concern about the health, both physical and mental, of our healthcare and other frontline workers.

Despite how bleak all of that sounds, I'm going out on a limb here to say that **I feel hopeful!**

Our community is strong and there's no shortage of love. It's all over the place if you look for it and I strongly encourage you to do just that. It's in the care packages dropped off to friends and family who are quarantining or isolating. It's in lovingly prepared food and it's in the medications and thoughtful extras that bring comfort and maybe even a smile. It's in the act of wearing a mask to protect yourself and others and it's in the hearts of the public health professionals working hard to provide education about, and access to, lifesaving vaccinations and booster shots.

Maybe February, the month of Valentine's Day, when we celebrate love, is the best month for the circumstances we face.

The great poet Maya Angelou told us to "Love life. Engage in it. Give it all you've got. Love it with a passion because life truly does give back, many times over, what you put into it." I think that's a good piece of advice for the times we're in. If loving life means helping someone in need or accepting help if you happen to be the person in need, then that's a message that's right on point for this February.

But how do we give it all we've got when so much stress has drained us in the awful way that stress does? *We love ourselves, that's how!* Sometimes the most powerful act of love that we can perform is to simply take good, gentle, loving care of ourselves and this is definitely one of those times! And there are many ways that we can take good care of ourselves.

February is American Heart Month. It's a great time to be kind to your heart by trying some new healthy eating and exercise. We can help you with both of those things at the Rose Baker Senior Center. Maybe it's a good time to give your COVID-exhausted brain a break with some stimulating discussion or simply shooting the breeze over lunch or playing some friendly games. We can help you with those things too at the Senior Center – in fact we've **LOVE** to!

So show some love in these troubled times! Research shows that prosocial behavior, when we act to benefit others rather than ourselves, is actually good for our heart and our overall health and I don't think we need data to tell us that giving ourselves some solid TLC is good for our health and good for the soul. The great thing about love is that the more we give, the more we have to give. We can have plenty for others and also plenty for ourselves. There's no down side to it so let's make this Valentine's Day and this February full of an extraordinary amount of love to match these extraordinary times that we're facing.

I'm sending love to all of you. Happy Valentine's Day! Please take good care of yourself and let us know if we can help!

With loving regards -
Elise

Friends of the Gloucester Council on Aging
Membership Drive

New Members as of January 16, 2022

Diamond

Michael Vagos

Gold

Susan Goodall
William Dugan
Donald Pettit

Donations Received in Honor of:

Howard Frisch

By: David & Christine Sidon

Frank Bellini

By: Vincie Woodhams, Grace Simpson

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

Richard Semple
Georgia Montouris, M.D.

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

Norma C. Silva
Margaret Coronel
Doris Rust

Donations to the Friends of the Gloucester Council on Aging's Annual Appeal fundraiser have started pouring in! Our community's generosity never ceases to amaze! Our first batch of gift acknowledgements appears on Page 7 and will continue in the March and April editions of Coastline News.

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

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The Key to Happiness



For over 80 years, Harvard’s Grant and Glueck study has tracked the well-being of over 700 people in Boston since 1939.

Although the people followed many different lives, they all led to a common surprising conclusion summarized by the director of the Harvard Study of Adult Development: “The clearest message that we get from this 80-year study is this: **Good relationships keep us happier and healthier. Period.**”

So, it isn’t the savings account, the toys we have, or our Facebook followers. It’s love and affection, our connections to others, our support to each other.

Did you know that becoming a volunteer can improve your happiness? Helping others allows you to meet new people, increase your connections to our community, stay active, and ultimately feel good about yourself.

We always welcome new volunteers. We have many opportunities – in art, technology, communications, to name a few. You don’t need to be an expert, just willing to help others. You decide on the hours. Give us a try by calling Elise at 978-325-5815.



SeniorCare
Elder Services | Information | Solutions

**Valentine's Day
Meals on Wheels
Un-Breakfast Fundraiser**

Send a Valentine to a Homebound Senior on the North Shore
Make an online donation at www.seniorcareinc.org/2022unbreakfast to SeniorCare's Meals on Wheels program before February 9, 2022 and a Valentine will be sent to a homebound senior in your name.
(Regardless of the response to this program, all of our Meals on Wheels recipients will receive a Valentine)

\$10 donation supports the delivery of 1 meal
\$50 = 1 week of meals \$215 = 1 month of meals
\$645 = 3 months of meals \$1,290 = 6 months of meals
\$2,580 = 1 full year of meals

ALL PROCEEDS SUPPORT SENIORCARE'S MEALS ON WHEELS PROGRAM

Meals on Wheels is a vital program that delivers nutritious meals to homebound seniors. Drivers also provide a safe and friendly check-in, helping to alleviate isolation.

Demand remains high. SeniorCare is serving 25% more meals than prior to the pandemic, while rising food, paper, and labor costs have significantly increased the cost of each meal.

Join Us Online on Feb 14, 2022, at 10am for a special photo montage of past breakfasts.

Special Thanks to **gh**
The Gloucester House
For supporting Meals on Wheels with 46 annual breakfasts!

Scan Here to donate or go to www.seniorcareinc.org/2022unbreakfast

Gloucester Office: 49 Blackburn Center, Gloucester, MA 01930 | Beverly Office: 100 Cummings Center, Suite 106-H, Beverly, MA 01915
978-281-1750 | 866-927-1050 | www.seniorcareinc.org

AARP TAX-AIDE SERVICES 2022

AARP Tax-Aides will provide 2 options for receiving assistance:

IN-PERSON - Tax Aid is provided in person, on site at the Senior Center in one visit. Appointments are scheduled in 45-minute intervals.

DROP-OFF - You visit a Tax-Aide site and leave your tax documents with an IRS-certified volunteer. Your return is prepared by Tax-Aide volunteers working remotely. During a second visit, you work with a volunteer to finalize your return and file it. Appointments are scheduled in 10-minute intervals.

If either service fills their maximum capacity of scheduled appointments, you will be offered whichever type of service continues to have appointment availability. **YOU MUST RECEIVE AND COMPLETE A SET OF DOCUMENTS AND BRING THE COMPLETED DOCUMENTS WITH YOU TO YOUR APPOINTMENT.**

Call Michael Feeney at 978-325-5814 to schedule your appointment and arrange to receive your necessary documents.

We are grateful for our friends at AARP who enable us to offer this important and popular program.

I WILL GLADLY HELP WITH POSTAGE COSTS FOR "COASTLINE NEWS" MY DONATION IS ENCLOSED:

Name _____

Address _____

City _____

Donation Amount: _____ Circle one: Cash / Check

PLEASE JOIN US ON THURSDAYS DURING FEBRUARY 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 February!***

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

The Office of State Senator Bruce Tarr will offer

CONSTITUENT SERVICES AT THE ROSE BAKER SENIOR CENTER On Wednesday, February 9th 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.

Dear Artists,

Love makes the world go 'round, and in February love is a national buzz word. How fitting then, to embrace the mantra for what it takes to develop success in the arts:

"Time and passion trump everything!"

Yes...it's true! If one has the passion for a particular discipline (be it the visual arts, music, performance-- *whatever the art*) and... if one has time to give to the discipline, improvement and success are sure to follow. Come join us in the art room and put that mantra to the test. We have plenty of art materials to help get you started, and enthusiasm is in abundance for whatever your goal.

On the horizon, is a special opportunity for our Seniors to take part in group tours of the exhibitions at North Shore Arts.

In the meantime...Remember...Stay Young at Heart: Investigate the Arts!

Juni

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.



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



Friday, February 25th 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, February 25th 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 GO 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, FEBRUARY 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.

February 17, 2022- The group will choose between one of these 2 Valentine themed movies:

The Bridges of Madison County

OR

P.S. I Love You

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.

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
February 2022	1 9:00 SHINE 9:30 COA Meets 10:00 Art Program 10:00 Knit & Crochet 11:00 Duplicate Bridge 12:30 Scrabble 1:00 Matter of Balance 1:00 Cribbage Tournament Sweet & Sour Chicken	2 9:15 Line Dancing 9:30 State Sen Tarr's Constituent Service 11:30 SHINE 12:30 Bingo 1:00 Arthritis Exercise Vegetable Frittata	3 9:30 Podiatrist Visit 10:00 Art Program 11:30 Rosie's Picnic Lunch 12:30 Thursday Movie 12:30 Legal Questions & Information 1:30 Chess Club Beef-Pepper Casserole	4 10:00 Arthritis Exercise 12:30 Bingo Salmon w/Cream sauce
7 9:00 Tax Preparation 10:00 Art Program 11:00 Bridge Lessons 1:30 Diabetic Shoe Measuring Balsamic Chicken	8 10:00 Art Program 10:00 Knit & Crochet 11:00 Duplicate Bridge 12:30 Scrabble 1:00 Matter of Balance 1:00 Cribbage Tournament Salisbury Steak	9 8:00 Friends of the COA Meet 9:00 Tax Preparation 9:15 Line Dancing 9:30 State Sen Tarr's Constituent Service 12:30 Bingo 1:00 Arthritis Exercise Vegetable Lasagna	10 10:00 Art Program 11:30 Rosie's Picnic Lunch 12:30 Thursday Movie 1:30 Chess Club Chicken Scampi	11 9:00 Tax Preparation 10:00 Arthritis Exercise 12:30 Bingo Hot Dog
14 9:00 Tax Preparation 10:00 Art Program 11:00 Bridge Lessons Turkey w/Gravy	15 10:00 Art Program 10:00 Knit & Crochet 11:00 Duplicate Bridge 12:30 Scrabble 1:00 Matter of Balance 1:00 Cribbage Tournament Macaroni & Cheese	16 9:00 Tax Preparation 9:15 Line Dancing 10:00 VNA North Shore 12:30 Bingo 1:00 Arthritis Exercise Rosemary & Honey Pork	17 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 Pepper Steak	18 9:00 Tax Preparation 10:00 Arthritis Exercise 12:30 Bingo Chicken Pot Pie
Happy President's Day! Senior Center Closed	21 10:00 Art Program 10:00 Knit & Crochet 11:00 Duplicate Bridge 12:30 Scrabble 1:00 Matter of Balance 1:00 Cribbage Tournament BBQ Pulled Pork	22 9:00 Tax Preparation 9:15 Line Dancing 12:30 Bingo 1:00 Arthritis Exercise Stuffed Chicken	23 10:00 Art Program 11:30 Rosie's Picnic Lunch 12:30 Thursday Movie 1:30 Chess Club Beef Stew	24 9:00 Tax Preparation 10:00 Arthritis Exercise 10:15 Mobile Market 12:30 Bingo Cheese Ravioli w/Marinara
28 9:00 Tax Preparation 10:00 Art Program 10:00 TED Talk Coffee 11:00 Bridge Lessons	 February 2022 			

We are grateful for the following contributions to the Friends of the GCOA's Annual Appeal:

DIAMOND

William L. McQueen
Lucy B. Littlefield
Helen M. & James C. Greely III
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GOLD

Martha Morgan Lindsay
David & Nancy Rose
Sandra L. Ferrant
Gaspar J. & Frances L. Lafata
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Lavina & Michael Calomo
Natalie Medici
Elizabeth T. Emery
Jane C. Gagliardi
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Barbara L. Jobe
Richard Hilshey
Bruce Amero
William J. Andrewes

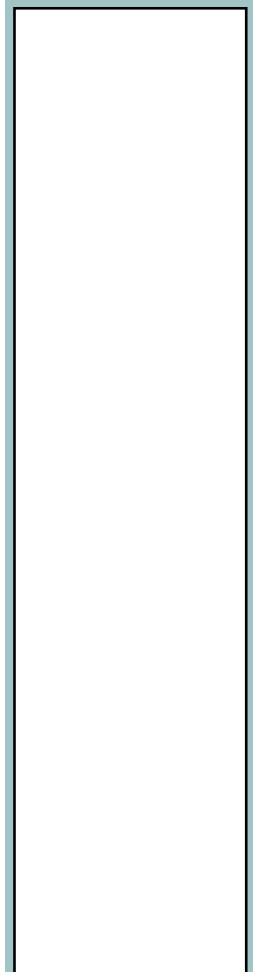
GOLD (CONTINUED)

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Donald & Jane Fox
SILVER
Steve, Stephanie Del Torchio
Eileen A Kelley
Margaret & Andrew Calkins
Joan M. Muros
Carmyn Strickler
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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.



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

Join us for a new FREE program taking place on the 4th Monday of each month. This month will be Monday, February 28th 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 February installment of this monthly series will feature Author and Resilience Expert, Lucy Hone.

To most people in the field, resilience research is a calling, an academic interest or maybe even just a buzzword. For resilient expert Lucy Hone, it turned out to be an essential survival skill. In this powerful and personal talk, she shares the three strategies that got her through an unimaginable tragedy and—in doing so—offers profound insights on how to find meaning in loss.

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

Don't know what a TED Talk is? Read on...

TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics — from science to business to global issues. High caliber research is presented in an engaging and accessible way on an almost endless selection of topics.

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.

Line Dancing Lessons at the Rose Baker Senior Center!

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!**

The Past Is A Present

Due to be released Spring 2022



The Past Is A Present
Celebrating the Lives of
"The Gloucester 28" -
The amazing life stories
of 28 Seniors from
the Rose Baker Senior Center

Pre-orders for the book can be made on the website with either credit cards or PayPal. Checks in the amount of \$25 can be made out to:
"Friends of the Gloucester Council on Aging" and mailed to:
Howard Frisch
c/o Friends of the Gloucester Council on Aging
128 Main Street
Gloucester, MA 01930
You can also leave your checks with Michael Feeney at the Senior Center

Website: pastisapresent.org

**FRIENDS of
the Gloucester
Council on Aging**

Do you need to be measured for
DIABETIC SHOES?

Persons who have not yet signed up to be measured for Diabetic Shoes SHOULD sign up at the Senior Center Reception Desk as soon as possible.

Measuring will take place on Monday, February 7th, at the Rose Baker Senior Center beginning at 1:30 PM with 10 minute appointments.

CALL 978-325-5800 AND PRESS 4 FOR MORE INFORMATION OR TO SCHEDULE YOUR APPOINTMENT.

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.

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ON CHANNEL 12
Mondays & Fridays at 9:30 AM
Wednesdays & Saturdays at 9:00 PM

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.**

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.



BEWARE OF TEXT SCAMS!

Since the government has taken steps to curtail robocalls, the crooks have turned to using text messages to reach their victims and they are very cunning. Just this week, a member of the Council on Aging Board of Directors received these 3:

- One from AT&T saying she qualified for \$200 off on a new iPhone.
- One from CVS saying she had earned a \$50 certificate from their rewards program.
- And one saying she had visited unsecured websites; her phone has a virus and she needed to clean it immediately.

AT&T is her cell phone carrier, she has a CVS rewards card, and she visits a lot of websites. Each of these texts that she received had a link to click to get the benefit. They looked very real and she was tempted, but didn't click the links. We can't be sure what any of these links would have done, but it seems certain that if she clicked the link to clean her phone, it would have installed a virus to steal information from her phone.

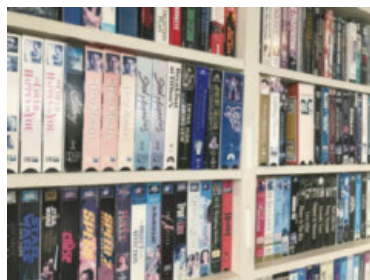
She called the police and was told that they frequently get calls about these texts and there is nothing they can do about it. They told her **DON'T CLICK THE LINK**. Delete the message. If you think it might be real, contact the sender by calling or using their official website.

The Rose Baker Senior Center's Library is getting a makeover!

Do you still own and use a VCR? The Senior Center will be clearing out our selection of VCR tapes on Monday, February 14th. **From now until Friday, February 11th, you can come to the Senior Center to select up to a dozen tapes to take home with you for FREE if you are a member.**

We are taking this step to make room for a better selection of reading materials and to allow more flexibility in our use of the Library area of the center.

We have an interesting selection so come on down if these are something you can use. Ask to speak with Michael, Ann, or Julie to be directed to the tapes that are available for members. If you are not yet a member, we can fix that in a jiffy by collecting a few pieces of basic information.



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You know your community best!

That's why we want your help to support your neighbors as they enroll in Medicare for the first time, review plan options, or troubleshoot problems. Your local SHINE program has an opportunity for you to train to be a certified SHINE counselor.

As a SHINE counselor, you give back to your community, sharpen and build skills, and stay engaged and connected in your community.

As one volunteer states ***"What I am doing now is a good reason for me to get up in the morning. It makes me feel good about myself. It lets me know that I am helping people make their lives better."***

SHINE screens, trains and certifies all volunteers so you don't need a background in health insurance to get involved. All you need is integrity, a willingness to learn, a desire to help others, and the time to give.

The SHINE program is currently accepting applications for a new SHINE counselor training in the spring (dates TBD).

It will be helpful for you to attend a volunteer informational session via Zoom on February 10 at 10:00 a.m. to learn about this opportunity.

For a SHINE counselor application packet call 978-946-1374, and leave your name and mailing address with a request for the application.

Or to register for the info session, email: lrose@agespan.org.

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Gloucester, MA 01930

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