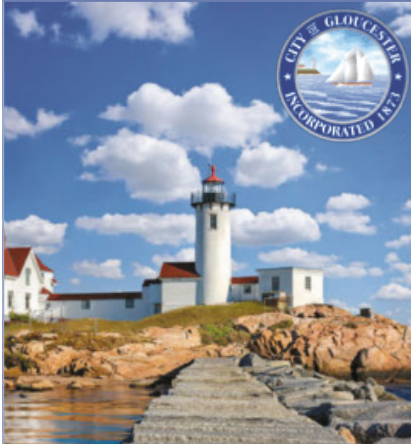


City of
GLOUCESTER
MAYOR GREG VERGA



Gloucester Council on Aging
6 Manuel F. Lewis Street

April 2022

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Michael Feeny, Newsletter Distributor

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MONTH AT 9:30 A.M.

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

Greetings!

I'm going to go ahead and jump right in to this month's "Greetings" theme. Is anybody else out there feeling like you don't know whether to laugh or cry? Is "emotional confusion" a legitimate theme to discuss in this space where I have the honor of communicating with all of you?

I had halfway completed a message for April that focused on busting out and busting loose. I was going to discuss my considerable joy at the cessation of worry about Omicron and how very happy I feel about long overdue get-togethers – and I'm not talking about small gatherings. I'm talking about party-sized gatherings like the one that was enjoyed by about 110 seniors here at our St. Patrick's Day party last month. **That party felt SO good!** And I heard others in the room echo my feelings of near euphoria about being able to be in that kind of large group party setting with music and great food and a fun kind of vibe. I felt sure that I had heard from enough other people who were all feeling that same way to make a generalization about that being a fairly shared feeling and as such something that I should write about in this space, especially given the easy analogies that can be drawn with spring flowers busting loose in April.

Then came those unfortunate words, "B4 sub-variant" and "even more contagious" and I felt the air start to escape from my ready-to-socialize balloon. Those words were closely followed by experts saying that they don't expect another significant surge and that immunity gained from vaccinations, including boosters, and the large number of people who contracted Omicron over the winter, will likely keep us all in good shape throughout the spring and summer. And just like that, my ready-to-socialize balloon inflated again but with enough of a tiny bit of caution to cause the aforementioned confusion.

I think it comes down to this: we should do what we've been encouraged to do for some time now. We should do our own risk-benefit analysis of any situation we're pondering putting ourselves in. If you feel like you really need to socialize, if you know that your mental well-being is even slightly at stake if you aren't able to see some smiling faces and enjoy some lively conversation, then weigh that heavily when you make your decisions. Don't forget to calculate your own individual health factors and never forget that when the news media gets your attention with headlines that ponder how concerned we should be about the B4 sub-variant, we should listen for the credentials of the person who is then interviewed and we should heed their advice if the credentials indicate that they are experts in the field of public health and/or virology. Right now the experts that I've heard have said that at this time, they don't see a reason for concern as long as you are fully vaccinated and importantly, as long as you've received your booster.

(And now back to our regularly scheduled programming...)

SPRING HAS SPRUNG! And not a moment too soon! Thank goodness that when we're beset by confusion that we can always take solace in the certainty of nature. Crocuses have been up for some time now. We'll soon be marveling at the riot of color that our boulevard becomes when the tulips steal the show every spring. These things are constant. These things are beautiful. Counting on them and mindfully extracting every bit of comfort and joy from them is a smart prescription for all.

Let's not forget the additional constant of human kindness and selflessness that is all around us if we pay attention. **APRIL IS NATIONAL VOLUNTEERS MONTH!** And a great time to take stock of the hard work that so many volunteers do in our community, including here at the Rose Baker Senior Center and definitely what's done on the boulevard by the Generous Gardeners.

We are blessed and there's nothing confusing about that!

Happy spring everyone!
Elise Sinagra, Director of Elder Services

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

New Member Thanks and Acknowledgements as of March 16, 2022 appear on page 8 of this edition of Coastline News.

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

- | | |
|--------------------|------------------------|
| Jennie Parisi | Norma Silva |
| Barbara Melanson | Marilynn Grant |
| Genevieve Randazza | Sal & Ellaine Randazza |
| Marilynn Grant | Carole Secrest |

In Appreciation of:

Juni Van Dyke
Senior Center Art Program Coordinator
By:
Alice and Ken Erickson

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:

- | | |
|------------------|--------------------|
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| Jeffery Shindell | Genevieve Randazza |
| Marilynn Grant | Constance Condon |
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April is a great time to try *Rosie's Picnic Lunch!*

Every Thursday at the Rose Baker Senior Center we offer a delicious soup & sandwich lunch FREE OF CHARGE!

Through our partnership with The Open Door, we are able to provide a delicious brown bag sandwich lunch complete with condiments, a side salad (like potato salad, coleslaw, pasta salad, garden salad etc.), a bag of chips, fruit, dessert, and also a cup of **DELICIOUS SOUP** that's lovingly prepared by The Open Door's expert chefs!

This meal comes with a generous portion of community spirit and ample opportunities to socialize and enjoy pleasant conversation! We would LOVE to see you here in April!

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

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!

ART PROGRAM NEWS FOR APRIL 2022

Art is good for the soul...and can help to reduce stress:

Mondays, Tuesdays, Thursdays...our art room is a welcoming environment for both individual expression and/or collaboration. Whatever your interest, you will have space for exploration. Materials are on hand to help get you started or, if you prefer, bring your own materials of choice (exception: oil based paint). We have a wonderful selection of art books and periodicals that will help to advance just about any idea that is percolating. Our art room is a great "get-a-way" from the demands of life or any other place of distraction, and the sense of inclusivity and the support that participants receive is exceptional. Come check out the interesting variety of artwork displayed throughout the center and on a rotating basis in the lobby. You are sure to find artwork that sparks your interest with encouragement in abundant supply, and accomplishment most assuredly within reach.

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.

WE'VE ADDED ADDITIONAL OPPORTUNITIES FOR YOU TO SOCIALIZE OVER LUNCH AT THE ROSE BAKER SENIOR CENTER!

Our partners at SeniorCare are excited to welcome you back to their lunch program on MONDAYS and WEDNESDAYS starting in April.

The Rose Baker Senior Center will once again serve as a host dining room for SeniorCare's longstanding Community Meals Program.

Serving time is 11:30.

Reservations are required in advance by 10:00 a.m. the day before.

TO MAKE A RESERVATION FOR THIS PROGRAM, PLEASE CALL 978-283-0359.

The menu for these lunches is listed on the calendar that appears on page 6 of Coastline News with the exception of **Wednesday, April 20th** when the popular **TRAVELING CHEF** program returns to prepare a special **ITALIAN FEAST** on-site featuring Eggplant Parmesan!

To reserve your lunch for the April 20th Traveling Chef, please call Michael at 978-325-5814 by Wednesday, April 13th.

The Office of State Senator Bruce Tarr will offer

CONSTITUENT SERVICES AT THE ROSE BAKER SENIOR CENTER

On Wednesday, April 13th 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.

ATTENTION CRIBBAGE PLAYERS!



A new Rose Baker Senior Center Cribbage Tournament is about to begin!

A NEW 20 WEEK CRIBBAGE TOURNAMENT— BEGINS ON TUESDAY, APRIL 12TH!

Sign-up at 12:45 Play begins at 1:00

Cost is \$3.00 per week which includes a **FREE** banquet plus **PRIZES to TOP 4 FINISHERS**

OPEN TO ALL SENIORS SO COME JOIN THE FUN!

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

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

Friday, April 22nd 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, April 22nd 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, APRIL 25th, 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 3rd Thursday of the month at 12:30 for Fun, Food and Film. After the movie we'll have a short chat about the film with some light refreshments.

April 21, 2022 — THE FATHER

Starring Anthony Hopkins, The Father is a movie about realization and acceptance featuring a father dealing with dementia and a daughter caring for him.

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.

SHINE/Medicare Counselor Updates


Rose Baker Senior Center has three SHINE (Serving Health Insurance Needs of Everyone) Counselors to help you. Read on to learn how to make an appointment:

Former Mayor/SHINE Counselor Sefatia Romeo Theken: Weekly on Fridays at RBSC from 11:00 to 2:30pm. Call RBSC to schedule your appointment: **978-325-5800.**

SHINE Counselor Mirta Ulivi: Ongoing and weekly on Mondays at RBSC from 2-4pm. Contact directly at: **978-309-9761.**

SHINE Counselor Lydia Bertolino: Weekly on Tuesdays at RBSC **beginning April 12th** from 9:00 to 12noon. Call RBSC to schedule your appointment: **978-325-5800.**

Please bring your Red, White and Blue Medicare card, other insurance cards (if applicable), and a list of your prescription medications to your appointment.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>APRIL 2022</h1> 				¹ 10:00 Arthritis Exercise 11:00 SHINE 12:30 Bingo Baked Fish
⁴ 10:00 Art Program 11:00 Bridge Lessons 11:30 SeniorCare Lunch Breaded Chicken	⁵ 9:30 COA Meets 10:00 Art Program 10:00 Knit & Crochet 11:00 Duplicate Bridge 12:30 Scrabble 1:00 Cribbage Tournament Pot Roast	⁶ 9:15 Line Dancing 10:00 VNA North Shore 11:30 SeniorCare Lunch 12:30 Bingo 1:00 Arthritis Exercise Chicken Marsala	⁷ 10:00 Art Program 10:00 Memoir Writing Group 11:30 Rosie's Picnic Lunch 12:30 Thursday Movie 1:30 Chess Club Meatloaf	⁸ 10:00 Arthritis Exercise 11:00 SHINE 12:30 Bingo Cheese Ravioli
¹¹ 10:00 Art Program 11:00 Bridge Lessons 11:30 SeniorCare Lunch Pulled Pork	¹² 10:00 Art Program 10:00 Knit & Crochet 11:00 Duplicate Bridge 12:30 Scrabble 1:00 Cribbage Tournament American Chop Suey	¹³ 8:00 Friends of the COA Meet 9:15 Line Dancing 9:30 State Sen Tarr Constituent Service 11:30 SeniorCare Lunch 12:30 Bingo 1:00 Arthritis Exercise Hot Turkey Sandwich	¹⁴ 10:00 Art Program 11:30 Rosie's Picnic Lunch 12:30 Thursday Movie 1:30 Chess Club Stuffed Chicken Cordon Bleu	¹⁵ 10:00 Arthritis Exercise 11:00 SHINE 12:30 Bingo Vegetable Frittata
¹⁸ Patriot's Day Senior Center Closed	¹⁹ 10:00 Art Program 10:00 Knit & Crochet 11:00 Duplicate Bridge 12:30 Scrabble 1:00 Cribbage Tournament Veggie Lasagna	²⁰ 9:15 Line Dancing 10:00 VNA North Shore 11:30 SeniorCare Lunch 12:30 Bingo 1:00 Arthritis Exercise Chicken Piccata	²¹ 10:00 Art Program 10:00 Memoir Writing Group 10:00 Financial Info & Consultation 11:30 Rosie's Picnic Lunch 12:30 Thursday Movie 1:30 Chess Club Beef Stew	²² 10:00 Arthritis Exercise 10:15 Mobile Market 11:00 SHINE 12:30 Bingo Sweet & Sour Meatballs
²⁵ 10:00 Art Program 11:00 Bridge Lessons 11:30 SeniorCare Lunch Chicken Pot Pie	²⁶ 10:00 Art Program 10:00 Knit & Crochet 11:00 Duplicate Bridge 12:30 Scrabble 1:00 Cribbage Tournament Mac & Cheese	²⁷ 9:15 Line Dancing 11:30 SeniorCare Lunch 12:30 Bingo 1:00 Arthritis Exercise Hot Dog	²⁸ 10:00 Art Program 11:30 Rosie's Picnic Lunch 12:30 Thursday Movie 1:30 Chess Club Beef Stuffed Pepper Casserole	²⁹ 10:00 Arthritis Exercise 10:15 Mobile Market 11:00 SHINE 12:30 Bingo Salmon



Volunteers

April is National Volunteer Month!

We're happy to take this opportunity to feature a small number of the many volunteers who are critical to our Rose Baker Senior Center operations!

Volunteers are the cornerstone of our Rose Baker Senior Center. Simply put, our Center could not function without volunteers. When you walk into the building, a volunteer greets you at the front desk. Depending on the day of the week, you could be here to play bingo, for memoir writing group, or for legal or financial consultation. Maybe you came to play bridge or cribbage or enjoy lunch while socializing with friends. Or possibly you are here for arthritis exercise class or a session with a SHINE counselor. These and several other programs are all run by volunteers who gladly give their time to enhance the quality of life for older adults in our community.

Perhaps you saw a sign on the façade of our building announcing COMPUTER CLASSES and registered for lessons, or for a consultation on how to use your cellphone, tablet or PC. You set up an appointment in a follow-up call with a volunteer, and now you are here for your lesson. Our Computer Lab, as we call it, is fully staffed by volunteers. Over the years, these professionals have trained hundreds of seniors to use their computers, tablets and cell phones. With extensive experience working with seniors, they adapt to their learning needs and pace. They can show you how to better connect with your family and friends through technology or search the internet for the news, sports, entertainment or shopping. Our Computer Lab volunteers can teach you or solve your problems with PCs and Macs, Apple and Android cellphones and tablets. They can also teach more specialized skills like Microsoft Word and Excel.

Like all our volunteers, Computer Lab teachers are passionate about helping seniors. They do it for various reasons, as they explain in their own words:

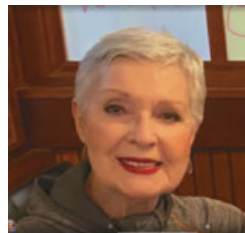


"My many years as a technology volunteer have been a rewarding experience. I have taught seniors how to email with their kids and grandkids, surf the internet and introduced them to useful PC-based programs. In addition, I led the computer program for 15 years. I also keep all the equipment in top-notch working order. All of this has been and continues to be very satisfying."

"I recently joined the Center as a volunteer teaching others skills to improve their lives with their cellphones and tablets.

This experience has given me the chance to meet people in our community while doing something meaningful with my life.

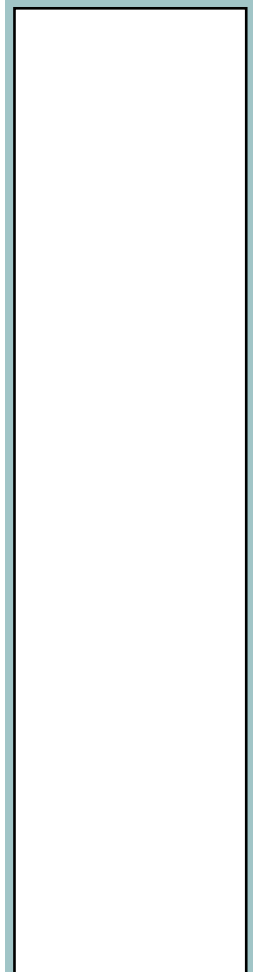
I love the well-being I experience from teaching a successful lesson and my growing confidence as a teacher."



"As a volunteer, I want seniors to enjoy using their smartphones, tablets and personal computers. I also like knowing that their new skills enable them to grow further by learning to research their questions and find answers on their own."

"I consider myself a lucky guy. No longer tied to a full-time job, I am in reasonably good health and close to my family and friends.

Getting to this point wasn't easy, and many people helped me along the way. I volunteer because I feel it is my turn to help others. I enjoy meeting new people and showing them how their electronic devices can improve their lives."



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The Gloucester Council on Aging is offering
Chair Yoga Plus with Dianna **FREE** of
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*Get moving in the comfort of your own
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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.**

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.**



For God and Country

Capt. Lester S. Wass Post No. 3

Of
The American Legion
Department of Massachusetts, Inc.
Post Office Box 122
Gloucester, MA 01931-0122
(978) 283-9710

The American Legion, Post 3, Gloucester, will again be proudly delivering free **EASTER HOLIDAY HAM DINNERS** in 2022 to the elderly, shut-ins, veterans, and those in need in the Cape Ann area on **Sunday, April 17, 2022**. They will be serving Gloucester, Rockport, Manchester, Essex, and Ipswich.

Their goal is to serve and deliver as many holiday meals as they can to their fellow veterans, their families and other "special citizens". This past Thanksgiving and Christmas, even during COVID, they served and delivered over 1180 meals! The demand is still there, if not more, and Post No. 3 of the American Legion intends to honor it.

MEALS CAN BE ORDERED BY CALLING ANN FREEMAN AT THE ROSE BAKER SENIOR CENTER AT 978-325-5812 BEFORE 11:00 A.M. ON WEDNESDAY, APRIL 12TH.

Details:

- **Deliveries will be made on Easter Sunday between 11:00 a.m. and 1:00 p.m.** Recipient **MUST** be home to receive their meals. Unfortunately, the Post will still **NOT BE ABLE TO SERVE FREE DINNERS AT THE LEGION** on Easter Sunday.

Monetary donations are needed, but no food donations this year. Mail monetary donations to American Legion Post 3, P.O. Box 122, Gloucester, MA 01930-0122.

Post Commander, Mark L. Nestor thanks you for your support.

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!

DO YOU NEED DIABETIC SHOES?

On Wednesday, May 18th, starting at 1:30 PM, we will have a professional at the Rose Baker Senior Center providing measurement services to fit you for a pair of diabetic shoes.

Appointments take 10 minutes.

YOU MUST BE DIAGNOSED WITH DIABETES TO PARTICIPATE!

Prescription forms will be available at the Senior Center front desk. Your doctor will need to approve you for this service and fax the forms to ProMedical East at the number provided prior to your appointment.

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

IN-PERSON YOGA IS BACK!

This class will be taught by experienced instructor, Marilyn Arnold.

GENTLE YOGA AND MEDITATIVE MOVEMENT:

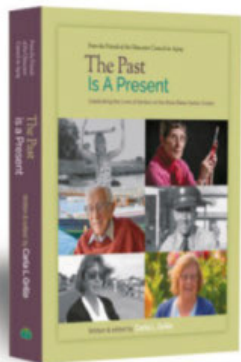
The class includes a variety of yoga poses plus easy flowing qigong (chi kung) movements, calming breathing, guided meditation and deep relaxation. Seated, standing, and balance poses are included.

FLOOR WORK IS OPTIONAL. Appropriate for beginners and for experienced students who seek a gentle yet energizing class. (Note: Marilyn will offer modified chair versions of floor work as needed for those who don't wish to get on the floor).

This class is FREE and will take place at 9:30 A.M. on Mondays, starting on April 18th. Bring your own yoga mat.

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





HAVE YOU EVER NOTICED THIS PLACE ON GLOUCESTER'S WATERFRONT AND WONDERED WHAT IT IS THEY DO?

You'll be able to find out when the Rose Baker Senior Center's

SCIENCE AND TECHNOLOGY DISCUSSION GROUP HOSTS Dr. Anrea Bodnard, PhD on Thursday, April 21st at 1:00

Dr. Bodnar will offer an overview of what GMGI is all about and then she will delve into some of her own research areas which lie at the intersection of marine biology and human health, including her research on using sea urchins as models to understand the cellular and molecular mechanisms underlying extreme longevity, negligible aging, and naturally occurring resistance to cancer.



After her presentation, Dr. Bodnar will answer questions and participate in discussion spurred by hearing about her exciting research.

If you'd like to receive an email with links to her full Research Profile and her Research Publications, to do some reading in preparation for her talk, please call Elise at the Senior Center at **978-325-5815** to provide your email address or simply visit <https://gmgi.org/about/team/leadership/andrea-bodnar-phd/>

Lifelong learning has proven benefits to your brain health so please join us for this exciting and informative discussion!

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
400
1623 | 2023
OUR PEOPLE. OUR STORIES



OUR STORIES
OUR FUTURE
**THE VOICES
OF CAPE ANN
PROJECT**



**What is the heart and soul of a community?
Listen to its residents and you will find out.**

The Voices for Climate Action project is gathering stories from a wide array of Cape Ann residents to capture what makes this place special and what we think is most important for the community as climate change impacts increase.

Would you like to be one of those voices?

Please call Susanna Natti at (781) 526-3905.

**You can also see Julie Smith, Outreach Coordinator
at Rose Baker Senior Center, for more information.**

Thank you so much for considering being part of this important project.

A TownGreen/Climate Change Coalition Project



**Massachusetts
Councils On Aging**

Massachusetts Councils on Aging, has an exciting line-up of FREE workshops for 50+ Job Seekers in MA!

They have Interactive Workshops and Special Events in English, and a Bilingual program in English and Spanish-all to help 50+ job seekers have successful job search campaigns. New this is year is the Savvy Seeker Series! The Savvy Seeker Series provides information on programs, resources, and additional topics for the 50+ community. For more information, please check out their website: <https://50plusjobseekers.org/>

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Gloucester Council, Gloucester, MA

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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 **April 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.

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
Outreach Coordinator

Ann Freeman, LSW
Outreach Social Worker,

Juni VanDyke,
Art Program Coordinator,

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