

engAGEment

The official newsletter of The Groveland Council on Aging



Back Row: Board of Directors of Groveland COA; Front Row: Staff of Groveland COA

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EVENT CALENDAR

**TRANSPORTATION &
NUTRITION SERVICES**

**FRIENDS OF COA
FUNDRAISER!**

TALK TO US

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Discover a Community Gem: Groveland's COA

Greetings, residents of Groveland!

We're thrilled to connect with you through this special mailing, as the Groveland Council on Aging is a resource of valuable services enhancing our community members' lives. And if you're familiar with us, we're delighted to have you engaged!

Curious about our array of services? Look no further! Our newsletter spotlights the Groveland Council on Aging, offering diverse programs, resources, and assistance for 60+ and their family / caregivers, including social events, wellness programs, nutrition support, and more – we're here to serve. Join us in uplifting one another through Groveland's spirit of togetherness. Contact us today and be part of this enriching journey!



Stepping into my role as the director of the Groveland Council on Aging fills me with genuine excitement and anticipation. Living here in Groveland with my family, I am fully invested in this community. As we approach the vibrant season of fall, it is the perfect time for us to embark on this journey of growth and renewal.

The Council on Aging holds a special place in the heart of communities all over, offering a range of vital services and programs tailored to the needs of our older adults. Yet, the impact of these organizations extends far beyond this demographic, enriching the lives of residents of all ages.

Under my guidance, the Groveland Council on Aging will continue to be committed to enhancing its role as an invaluable community resource. While our primary focus remains on seniors, I believe that intergenerational interactions can bring immeasurable benefits to everyone involved. The Council on Aging is about fostering an inclusive space where experiences and wisdom can be shared, and meaningful connections can flourish.

Speaking of forging connections, I am delighted to introduce you to our new Outreach Coordinator, Janet DelMare. With a genuine commitment to our community, Janet's presence in the office from Tuesday to Thursday ensures a ready helping hand and friendly smile. Her expertise covers home visits, housing applications, rent reviews, SNAP, homecare, medical equipment, and social services—making a lasting impact across all areas.

I'm excited about the positive changes and collaborative efforts that lie ahead. With our team's passion for community building and dedication to fostering connections, I'm confident that this autumn will be a time of promise and potential for all Groveland residents.

VISIT US OUR
TABLE AT
GROVELAND DAYS
SEPT. 9TH!

How to get involved:

- **Use our services!**
 - Transportation, Nutritional Services, Social Gatherings and More!
- **Fill out our community feedback survey on the next page**
 - We are here to serve the community; share *your* ideas.
- **Volunteer** - Use your skills & interests to make a meaningful impact.
- **Become a Member of the Friends of Groveland Council on Aging**
 - The Friends of the COA is a 501(c)3 nonprofit, your participation helps fund the COA services! Details further in newsletter.

COMMUNITY FEEDBACK SURVEY

Dear Community Member,

Your feedback is essential to us at the Groveland Council on Aging as we strive to enhance our services and programs to better serve you. We kindly request a few moments of your time to complete this survey. Your insights will guide our efforts in making the Council on Aging an even more valuable resource for our community. If you prefer to do this survey online, please visit us here: tinyurl.com/GrovelandCOA

1. Are you a resident of Groveland? Yes No
2. Age: Under 30; 30-44; 45-59; 60-69; 70-79; 80+
3. Do you currently use the services of the Groveland COA? Yes No
4. Have you ever referred a family member, close friend or neighbor to the Groveland COA? Yes No
5. How satisfied are you with the Council on Aging programs and services offered?
 - Very satisfied Dissatisfied
 - Satisfied Very dissatisfied
 - N/A - I have no experience or need to connect with the COA
6. Kindly assess the listed programs using a checkbox

	Very Satisfactory	Satisfactory	Good	Needs Improvement	N/A - program does not apply to me or I haven't experienced it.
Transportation Services (doctor's visits, grocery shopping, etc.)					
Social Events at Town Hall (game day, movies, performances, etc.)					
Social Trips beyond Groveland, using the COA Van (museums, mystery trips, Encore, etc.)					
Fitness Classes					
Informational / Educational Classes					
Legal Consults					
Food Pantry					
Outreach Services and Consultations / Referrals					

CONTINUED - COMMUNITY FEEDBACK SURVEY

7. What do you feel the Groveland Council on Aging does well?

8. What do you feel the Groveland Council on Aging could do better?

9. How likely are you to recommend the Groveland Council on Aging to others?

- Very likely
- Likely
- Unlikely
- Very Unlikely

10. Please share any ideas you have for new programs or services that you believe would be beneficial for our community.

11. Would you be interested in leading a class or activity for the Groveland Council on Aging? Yes No

If yes, please provide a brief description of the class or activity you'd like to lead:

May we contact you for more information about your proposed class or activity? If so, please provide your contact details:

Stay in the loop with our informative bi-monthly e-newsletter!

Would you like to receive it? Yes No

My email address: _____

Do you have any other comments or suggestions for the COA?

If you would like us to follow up with you on the feedback you provided, please share how we can best contact you:

Name: _____

Email / Phone: _____

Please return to the COA office by mailing or stopping by the office!

Address: Council on Aging (Town Hall), 183 Main St, Main St, Groveland, MA 01834



Groveland residents can receive free transportation to COA Events, just call the office at (978) 372-1101.



Trips on the COA Van: Join us on our COA Van trips for just \$15 per person! Reserve your spot by calling (978) 372-1101. Please note that lunch expenses are to be covered individually.

- **Mystery Ride** Where the destination is a secret, but the excitement and fun are guaranteed! Thursday, September 7th at 10am.
- **Lunch in Kittery, ME at Warren's Lobster House** and time for shopping! Tuesday, September 26th at 10:45am
- **Taza Chocolate Factory & Lunch** Explore the fascinating world of cacao through an engaging Taza Chocolate factory tour in Somerville, a journey from bean to bar Thursday, October 5th at 10am Tour: \$10/person
- **Mann's Orchard & China Blossom** on Monday, October 23rd at 10am.

Jedi Mind Tricks to Fight Anxiety- Speakers Rickey Silverman & Bill Cashman. Join us to learn practical strategies like meditation, rituals, and reframing thoughts to overcome anxiety. This event is free, in the Town Hall Center Meeting room, light refreshments will be served. Thursday, September 14th at 10:30am.

Discover Ebooks: Navigating the Digital Reading Realm. Discover the wonders of digital reading as you learn how to effortlessly bring electronic books to your devices. A collaboration between the The Langley-Adams Library and Groveland Council on Aging. Bring your own device. This event is free, in the Town Hall Back Meeting Room. Monday, September 18th at 10:30am.



Ping Pong & Corn Hole Join us for fun and games under the tent! Free. Tuesday, September 19th at 1pm.

Social Hours:

- **Coffee & Conversation** -An opportunity to connect with our COA staff members over a cup of coffee. This event is free, meets in the Town Hall Center Meeting Room on Thursday, September 21st at 10:30am
- **Cider & Donuts** under the tent. Free event, on Thursday, October 19th at 11am



Plan it Your Way Join Attorney Elaine Dalton for a workshop that combines the practicality of estate planning with the elegance of thoughtful preparation and honors your values. Thursday, October 26th at 10am in the Center Meeting Room at Town Hall. Light refreshments will be provided. Free event.

Halloween Party with Rick Andrade as Johnny Cash + Catered Lunch Event takes place at the Town Hall Center Meeting Room on Tuesday, October 31st at 12pm. Costume's encouraged! Cost is \$5/person. Make sure to RSVP to secure your spot for this frightfully fantastic celebration!



September 2023 at Groveland COA

MON	TUES	WED	THURS	FRI
Join us for: • Council on Aging, Board of Director Meetings 3rd Wednesday of the month at 9:30am Center Meeting Room, Town Hall - Open to the Public • Friends of Council on Aging Typically meets 1st Thursday of the month at 3pm New members are welcome and appreciated!				1 Yoga @ 10:45
4 COA Office Closed Labor Day	5 3B Fitness @ 9am Movie @ 11am "Chicago"	6 Shopping at Rivers Edge Plaza @ 9 am, RSVP Game Day @ 1pm	7 Mystery Ride @ 10am, RSVP	8 Yoga @ 10:45
11	12 3B Fitness @ 9am Movie @ 11am "Book Club: The Next Chapter"	13 Game Day @ 1pm	14 Jedi Mind Tricks to Fight Anxiety @ 10:30am, RSVP	15 Yoga @ 10:45
18 Discover EBooks @ 10:30am, RSVP	19 3B Fitness @ 9am Ping Pong & Corn Hole @ 1pm	20 Shopping at Rivers Edge Plaza @ 9 am, RSVP Game Day @ 1pm	21 Coffee & Conversation @ 10:30am	22 Yoga @ 10:45
25 Veterans' Services @ 1:30pm Yom Kippur	26 3B Fitness @ 9am Movie @ 11am "Death on the Nile" Van Trip to Kittery, ME @ 10:45am	27 Shopping at Rivers Edge Plaza @ 9 am, RSVP Game Day @ 1pm	28 Traveling Chef, RSVP	29 Yoga @ 10:45

Reminders:
 COA Office Phone: (978) 372-1101; we're in Town Hall at 183 Main Street
 And remember to stop by the office to check in, day of!
 Keep an eye out for online registration coming soon!

October 2023 at Groveland COA

MON	TUES	WED	THURS	FRI
2	3 3B Fitness @ 9am	4 Shopping at Rivers Edge Plaza @ 9 am, RSVP Game Day @ 1pm	5 Van Trip @ 10am: Taza Chocolate Factory & Lunch, RSVP	6 Yoga @ 10:45
9 COA Office Closed Indigenous Peoples' Day	10 3B Fitness @ 9am Movie @ 11am "Asteroid City"	11 Shopping at Rivers Edge Plaza @ 9 am, RSVP Game Day @ 1pm	12 Traveling Chef, RSVP	13 Yoga @ 10:45
16	17 3B Fitness @ 9am Movie @ 11am "Walk the Line"	18 Shopping at Rivers Edge Plaza @ 9 am, RSVP Game Day @ 1pm	19 Cider & Donuts @ 10:30am	20 Yoga @ 10:45
23 Van Trip @ 10am: Mann's Orchard & China Blossom, RSVP	24 3B Fitness @ 9am Movie @ 11am "Jurassic World Dominion"	25 Shopping at Rivers Edge Plaza @ 9 am, RSVP Game Day @ 1pm	26 "Plan it Your Way." Estate Planning @ 10am, RSVP	27 Yoga @ 10:45
30 Legal Monday @ 10am, RSVP Veterans' Services @ 1:30pm	31 3B Fitness @ 9am Halloween Party music and lunch @ 12pm, RSVP	<div style="text-align: center;">  <p>Van Driver, Part-Time This role is perfect for parents seeking a job while their kids are at school, retired professionals looking for a fulfilling part-time opportunity, or anyone who wants to connect with and support our community! More details and how to apply can be found here: https://grovelandma.com/personnel/employment-opportunities/</p> </div>		

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SERVICES

Senator Tarr's Constituent Services with Mary Ann Nay, District Director Office of State Senator Bruce E. Tarr, Senate Minority Leader (617) 722-1600 Maryann.Nay@masenate.gov Office Hours: Tuesday, September 19th and Tuesday, October 17th at 10:30-11:30am

Veterans Services with Mike Ingham Contact Mike 978-973-2118 mingham@grovelandma.com. Monthly office hours take place in the COA Outreach Office on Monday, September 25th and Monday, October 30th from 1-3:30pm

Legal Monday with Elaine Dalton- Free 15 min legal consult. Please call the COA office to reserve your spot. Monday, October 30th at 10-11am.

TRANSPORTATION

Groveland COA is happy to coordinate transportation services for you. Please note that a one-time registration is required and you can do so by calling our office at 978-372-1101. We ask for at least 2-days notice.

Enjoy our COA Van for \$8 (local) or \$15 (out-of-town roundtrip). We also coordinate rides through NEET (donation-based) and CareRide (\$8 each way via Agespan). Additionally, MEVA is a free transportation service, however you need to book yourself, by calling their office at 978-469-6878

FOOD & NUTRITION RESOURCES - INCLUDING TRAVELING CHEF

Groveland COA Food Pantry: Fresh and frozen food now available.

- Wednesdays - Drop in 1:30 pm-3:30 pm.
- Thursdays - By Appointment.
- Delivery is available for homebound seniors, please call Janet to schedule a delivery by 11am on Tuesdays for a Wednesday delivery.

Traveling Chef Meal (Free courtesy of Agespan and Groveland COA):

- First 45 callers receive free lunch delivery. Call the COA at 978-372-1101
- Upcoming meals:
 - Sept. 28th: Shrimp & Garlic Wine Sauce, Creamy Risotto with mushrooms, Garden salad, garlic roll, tiramisu and juice.
 - Oct 12th: German meat pie, ½ cup German Potato Salad, carrots, apple strudel, dinner roll & juice.

Mobile Market Grocery Delivery:

- Fresh groceries bag available on the first Tuesday of the month.

UTEC Food Boxes (Free):

- Fresh food boxes with fruits, vegetables, milk, and 2 prepared meals.
- Available for Wednesday delivery
- Limited to the first 5 Groveland seniors.

Meals on Wheels:

- For homebound elders.
- Arrange assistance by calling COA office at 978-372-1101

Friends of the Council on Aging November 2023 Calendar Raffle - Fundraiser!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 \$50 Gift Card to Healthy Glow Beauty	2 \$25 Gift Card to Craft Dog Deli +Gift card for 2 large pizzas to West Newbury house of Pizza!	3 \$25 Gift Card to Ultimate Perk +\$25 Cash!	4 \$20 Gift Card to A1 Deli & Café \$30 to Pomodoro Restaurant of Georgetown	5 \$25 Gift Card to Amazon + \$25 to Nunan Florist and Greenhouses
6 \$25 Gift Card to Best Bagel + \$25 Cash!	7 \$25 to Stack's Craft Sandwich \$25 to Café Sarina	8 \$50 Gift Card to Maria's Family Restaurant	9 \$50	10 \$25 Gift Card to Ultimate Perk +\$25 Cash.	11 \$100 in cash (donated by Elm Park Flooring!)	12 \$25 Gift Card to Ultimate Perk + \$25 Cash!
13 \$15 to Boba Tea and Snow Ice House \$35 to Family Affair Salon (Free eyebrow tint)	14 Free Oil Change at Groveland Auto (\$25 Value) +\$25 to Ultimate Perk!	15 \$50 Gift Card to the Tea Garden Restaurant	16 \$10 to Jeff & Maria's \$40 to Casa Blanca Mexican Cantina	17 \$25 to Family Affair Salon + \$25 Cash!	18 \$50 to Market Basket	19 \$25 Gift Card to Nick's Place \$25 to Crosby's Market
20 \$25 Gift Card to Haverhill Beef Co \$25 to the Tea Garden Restaurant	21 \$25 to Raff's Café \$25 to the Village in Georgetown	22 \$50 Gift Card to The Hidden Pig \$10 to Jeff and Maria's Ice Cream	23 \$100 + \$20 to Riverside Pizza!	24 \$100	25 \$50 to Jon Val Salon	26 \$25 to Craft Dog Deli + \$25 Cash!
27 \$25 to Plaistow Chicken Connection \$25 to the Village in Georgetown	28 \$50	29 \$50	30 \$100			

Rules:

1. Each ticket is \$10. Cash or check accepted, made payable to Friends of Groveland COA.
2. Mail in your tickets and payment to Friends of Groveland COA, P.O. Box 301, Groveland, MA 01834 or drop off at the COA office!
Deadline: Ticket & Payment must be submitted by Oct. 27, 2023
3. Each day of the month of November, a raffle ticket will be drawn. The holder of that ticket will win the prize assigned to that day.
4. After the raffle ticket is drawn, it is placed back into the raffle so that entry has a chance to win every day of the month.

Why Participate?? All proceeds will benefit the Friends of the Council on Aging and will be used toward COA programs! The Friends of the COA is a non-profit/501(c)3 organization.

Questions? Please contact: JoAnna Donnelly, President at (978) 374-6225 or Darcy Lepore, Vice President at darcy.lepore@gmail.com

Ticket: \$10 entry fee

Name _____
 Address _____
 City/State/Zip _____
 Phone _____
 Email _____

Ticket: \$10 entry fee

Name _____
 Address _____
 City/State/Zip _____
 Phone _____
 Email _____



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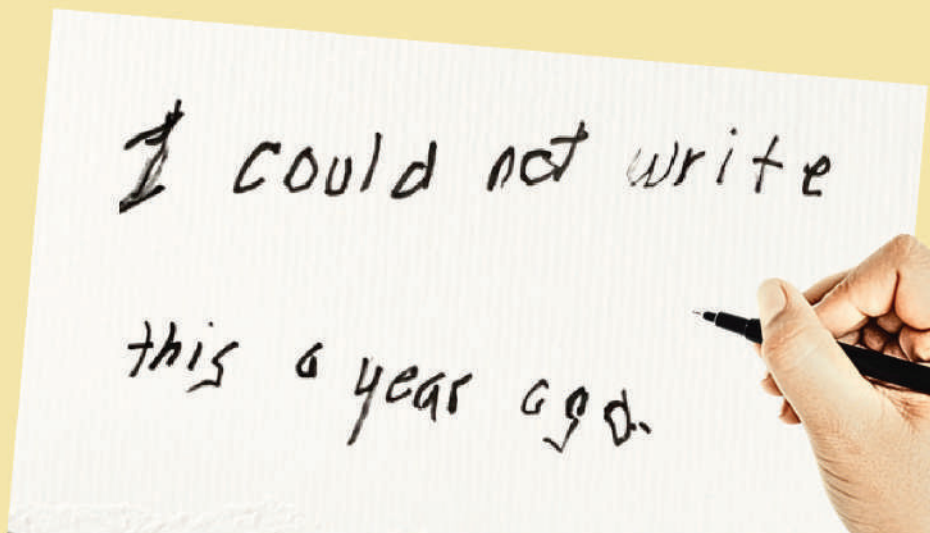


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I'VE SAVED FOR A LIFETIME, AND NOW I COULD LOSE IT ALL?

-What if I lose my house and life savings to a nursing-home stay?

- What if after my death, my adult child divorces or dies? Will my estate transfer to their spouse? What about my grandchildren?

- What if my adult child is battling creditors or addiction and inherits the estate?



Don't miss this powerful educational session with critical guidance on grandchildren's trusts for education; trusts for children with special needs; and how the SECURE Act affects your ability to create a multi-generational legacy.

Tuesday, October 10
Newbury Town Library
0 Lunt St., Byfield, MA
2:00 – 4:00 p.m.

To register, go to www.newburylibrary.org and click on "events."

Beasley & Ferber

The Elder and Disability Law Firm

*Concord, Bedford, Nashua, Exeter (NH) and North
Andover (MA)*

www.beasleyferber.com



Attorney Edward Beasley



Greg Gagne, ChFC



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