

# Rowley's OUR TIMES

The Mission of the Rowley Senior Center is to advocate for older adults, to identify their needs, to develop and implement services to meet their health, economic, social and cultural needs, to encourage maximum Independence, and to improve their quality of life.

Volume 27

APRIL 2024

Issue 4



SPOTLIGHT  
this month  
is it's.....

**VOLUNTEER  
APPRECIATION  
MONTH**

## NEW THIS MONTH

- Matter of Balance
- Line Dancing
- Ukulele Lessons
- Three Sweet Peas Visit
- Adult Foster Care
- Lisa Weagle Painting
- Learn Your Device
- Jolie's Tea House

## *Director's Corner.....*



***Let your voice and vote be heard at the Rowley Town meeting Monday May 1, 2024 from 6:00 to 11:00 pm at the Pine Grove School.***

Friends, I want to remind you about the importance of your participation in the annual town meeting. Rowley is going through a period of rapid growth with many issues facing the town. How will we spend our budget? What do we do about the lack of "right fit" housing (housing that truly meets the needs of Rowley residents)? How do we ensure the health and safety of all residents? What is the best way to support Rowley students?

Learn about the issues, attend any information sessions, read the warrant that will come in the mail and most importantly, VOTE. The COA will provide transportation to the Town Meeting. You can stay as long as you want. We will drive you door to door. If you are interested, call us.

Ellie

## **ROWLEY SENIOR CENTER**

Town Hall Annex  
PO Box 523 (Mailing Address)  
39 Central Street  
Rowley, MA 01969  
Tel: 978.948.7637  
Fax: 978.948.7973  
Email: [coa@townofrowley.org](mailto:coa@townofrowley.org)  
Website: [www.townofrowley.org](http://www.townofrowley.org)

## **SENIOR CENTER HOURS**

Mon - Thu 8:30 to 4  
Fri - 9 to 12

## **SENIOR CENTER STAFF**

Eleanor Davis	Director
Lisa Lozzi	Office
Martha Blanchard	Activities
Tim Morris	Outreach
Dennis Donoghue	Driver

## **SENIOR CENTER BOARD**

Geneva Merry	Chair
Dorothy Johnston	V. Chair
Jean Blanchard	Secretary
Diana Titus	Member
Barbara DePalmer	Member
Gillian Ingram	Member
Gale Penton	Member

## **FRIENDS OF THE COA**

PO Box 79 (Mailing Address)  
Rowley, MA 01969

Tom Corben	President
Diane McMahon	V-President
George Gallant	Treasurer
Marie Grover	Secretary
Walter Bockus	Member
Sylvia Wood	Member
MaryEllen Mighill	Member

## **OUR TIMES NEWSLETTER**

Lisa Lozzi  
[lisa.lozzi@townofrowley.org](mailto:lisa.lozzi@townofrowley.org)

# **ONGOING EVENTS**

Please see Calendar page(s) for Dates, Times and any changes.

- ♦ **BINGO & LUNCH**: Join us on Tuesday mornings twice a month for lots of fun. Meet new friends, play the game and enjoy lunch. Cards and Coverall are \$1.00 each.
- ♦ **LUNCH & RUMMIKUB**: An interesting game using tiles instead of a deck of cards. Come and join us every Wednesday afternoon for lunch and to play. No charge for this activity.
- ♦ **MEN'S LUNCH**: Held once a month on Tuesdays at any restaurant location of choice.
- ♦ **LADY'S LUNCH**: Held once a month on Tuesdays at any restaurant location of choice.
- ♦ **MAH JONGG**: Join us every Tuesday afternoon for this game of skill. No charge for this activity. **CRIBBAGE & LUNCH**: Join us Friday mornings 9-12 for Cribbage. There is no charge and coffee is available.
- ♦ **YOGA**: Join us every Thursday at the Rowley Library. 2-3pm (\$3.00 suggested donation is appreciated)
- ♦ **WM DUKE WATERCOLOR PAINTING CLASS**: Usually once a month on Thursdays. Charge is \$20 required upon arrival and all supplies are provided.
- ♦ **MOVIE & LUNCH**: Once a month when scheduled.
- ♦ **EXERCISE CLASSES**: See calendar for more information.
- ♦ **MONDAY LUNCH**: Come and gather with friends and enjoy a meal together.
- ♦ **COFFEE HOUR AT PLANTATION**: See inside calendar for dates.
- ♦ **BIRTHDAY CELEBRATION**: Once a month the Friend's of the Senior Center offer all Seniors born in that month the opportunity to join us for a birthday party. You will be treated to a free lunch with birthday cake. Be our special "Birthday Guest."
- ♦ **BYFIELD PARISH LUNCH**: See inside calendar for date.

**The Council on Aging invites all Rowley residents over 60 to our programs and activities. If there is anything that makes it challenging for you or a loved one to participate (including but not limited to transportation, language, mobility, cost of program, hearing or visual issue) PLEASE contact Tim or Ellie at 978-948-7637. We do not want to leave anyone out.**

**This is a CONFIDENTIAL process.**

## ONGOING INFORMATION

**COA BOARD MTG** - 3rd Wed at 10am as scheduled.

**SEN. TARR'S CONSTITUENT SERVICES** -*MaryAnn Nay* will be holding office hours in Rowley on Tuesdays, April 9, May 14, & June 11 from 9:30 to 10:30am at the Town Hall Annex building at 39 Central Street. 617.722.1600.

**BLOOD PRESSURE** - 3rd Tues every month at 10 am at the Plantation and 10:30 at the Senior Center.

### ***RIDES FOR MEDICAL APPOINTMENTS***

PLEASE CALL 978.948.7637 WHEN REQUESTING INFORMATION OR NEEDING A RIDE.

**9am to 12pm MON - THURS**

Every effort will be made to provide transportation, although it cannot be guaranteed.

## POLICIES

### **ALL SHOPPERS!!!**

Please call the office at 978.948.7637 if you **WANT TO GO** grocery shopping on Wednesday mornings. This will help save unnecessary trips for our drivers.  
***Please limit grocery bags to no more than FOUR per trip!***

### **Activity/Program/Event Sign-up**

Registration begins on the 1<sup>st</sup> of the month for that month, unless otherwise indicated. Please register to hold a space. Monday lunch does not require registration.

## **MONDAY LUNCH MENU**

### **APRIL**

**1**

Sliced Turkey & Gravy  
Mashed potato - carrots  
bread - applesauce

**8**

Tacos - Soft Shell - Corn Tortilla  
Seasoned Ground Beef - Chicken Strips  
Lettuce - Salsa - Cilantro Lime Rice  
Shredded Cheese  
Tres Leche Cake

**15**

No Meals

**22**

Shepherd's Pie  
beef- gravy - corn - mashed  
potatoes - Choc Pudding

**29**

Chicken Strips  
Alfredo Sauce - Pasta  
Broccoli - Roll - Canned Fruit



## **Ukulele Lessons**




Mike Boldi, a well respected musician, is coming to the Rowley Senior Center on 39 Central Street to provide **FREE** ukulele lessons to ukulele enthusiasts.

**Mondays, April 1, 8, & 29 at 2:30pm**

**Sign up at 978.948.7637**

# APRIL 2024 - Rowley Senior Center

Mon	Tue	Wed	Thu	Fri
<b>1</b> 9:30 Exercise @ Congo Church 12pm Lunch 1pm Qigong @ Rowley Library 2:30 Ukulele Lessons	<b>2</b> 9am Bingo & Lunch 10am Plantation Coffee Hour & Blood Pressure 10:30 Blood Pressure @ COA 1pm Mahjongg	<b>3</b> 9:30 Grocery Shop 10:30 Matter of Balance 12:30 Lunch & Rummikub	<b>4</b> 9:30 Exercise @ Congo Church 9:30 Bus Trip (Walmart) 2-3 Yoga 4:30 Line Dancing	<b>5</b> 9-12 Cribbage & Lunch
<b>8</b> 9:30 Exercise @ Congo Church 12pm Traveling Chef 1pm Qigong @ Rowley Library 2:30 Ukulele Lessons	<b>9</b> 10am Adult Foster Care 11:30 Mens Lunch 1pm Mahjongg	<b>10</b> 9:30 Grocery Shop 10:30 Matter of Balance 12:30 Lunch & Rummikub 2-3 Learn Your Device	<b>11</b> 9:30 Exercise @ Congo Church 10:30 3 Sweet Peas Visit 2-3 Yoga 4:30 Line Dancing	<b>12</b> 9-12 Cribbage & Lunch
<b>15</b> 	<b>16</b> 9am Bingo & Lunch 10am Plantation Coffee Hour & Blood Pressure 10:30 Blood Pressure @ COA 11:00 Byfield Lunch 1pm Mahjongg 1:30 Book Club	<b>17</b> 9:30 Grocery Shop 10am COA Brd Mtg 10:30 Matter of Balance 12:30 Lunch & Rummikub	<b>18</b> 9:30 Exercise @ Congo Church 9am Bill Duke Paint Class 12:30 Movie & Lunch 2-3 Yoga 4:30 Line Dancing	<b>19</b> 9-12 Cribbage & Lunch
<b>22</b> 9:30 Exercise @ Congo Church 12pm Lunch 1pm Qigong @ Rowley Library	<b>23</b> 1pm Mahjongg	<b>24</b> 9:30 Grocery Shop 10:30 Matter of Balance 12:30 Lunch & Rummikub	<b>25</b> NO Exercise 10am Jolie's Tea House 2-3 Yoga 4:30 Line Dancing	<b>26</b> 9-12 Cribbage & Lunch
<b>29</b> NO Exercise 12pm Birthday Lunch 1pm Qigong @ Rowley Library 2:30 Ukulele Lessons	<b>30</b> 10am Lisa Weagle Painting 11:30 Ladies Lunch 1pm Mahjongg	<div> <div> <b>ANNUAL TAX PREPARATION</b>            Call these COA's for your appointment &gt;&gt;&gt; </div> <div> <b>Georgetown COA</b>            51 North Street            978.352.5726  <b>Ipswich COA</b>            25 Green Street            978.356.6650 </div> </div>		<b>HAPPY BIRTHDAY TO ALL OF YOU WHO HAVE A BIRTHDAY THIS MONTH!</b>



## Outreach Corner.....

Probably all of us have heard the little riddle, "April showers bring May flowers." But April brings lots of other celebrations this month. The weather is warmer. People are talking about starting their gardens and those bugs starting to come out. The Rowley COA has a lot of programs and events for you to come join and be a part of. Why not step out of the box and come meet some new friends? We have Monday lunches during most Mondays in April. The coffee hour at Plantation Drive will start up again on April 2<sup>nd</sup> and 16<sup>th</sup>. Marty, our Activities Director has many interesting programs and short trips for you to enjoy. April 30<sup>th</sup> is the last day to apply for Fuel Assistance. Don't forget to celebrate National Jelly Bean Day on April 22<sup>nd</sup>. I look forward to seeing you soon!  
Tim Morris

## Plantation Coffee Hour

Every 1st and 3rd Tuesday at 10am the Council on Aging is hosting coffee at the Rowley Plantation. All are welcome. Come join us and say hello!!!



## Town of Rowley Board of Health

### WHITE GOODS / LIGHT METAL HOUSEHOLD RECYCLING



**APRIL 20, 2024 – 8:30 a.m. to 11:30 a.m.**

Highway Department, 40 Independent Street

**ALL METALS:** COPPER, TIN, ALUMINUM, STEEL, STAINLESS, BRASS, NICKEL, BRONZE, HIGH TEMP ALLOYS, TITANIUM, WIRE, ELECTRIC MOTORS

### NO GLASS, WOOD, CERAMIC, PLASTIC or RUBBER

*Partial list of items (all metal items will be accepted):*

REFRIGERATORS  
WASHERS / DRYERS  
OVENS / STOVES  
MICROWAVES  
TOASTER OVENS  
KITCHEN APPLIANCES  
SINKS (metal only)  
HUMIDIFIERS  
AIR CONDITIONERS

POTS / PANS/BAKEWARE  
SNOW BLOWERS  
LAWN MOWERS  
GAS GRILLS  
HELIUM TANKS (VALVE OPEN)  
CAR PARTS  
TIRE RIMS / HUBCAPS  
CHAIN / FENCING  
BARBED WIRE  
LANDSCAPE EQUIPMENT  
GARDEN TOOLS

TABLES (metal only)  
FILE CABINETS  
LAMPS / FIXTURES  
CHAIRS (metal only)  
WINDOW FRAMES (no glass)  
DOORS (no glass)  
SCREENS  
FANS (metal only)  
FITNESS EQUIPMENT  
SPORTING GOODS  
BICYCLES / SCOOTERS

Propane Tanks without gas (20 lbs tank) \$5.00 each (gas grill size); Under 20 lbs \$1.00 each

### ENGINES MUST BE DRAINED OF ALL FLUIDS PRIOR TO DROP OFF

**ELECTRONICS:** Televisions & computer monitors over 46" \$30.00 each  
Televisions & computer monitors under 46" \$25.00 each  
Laptop computers \$15.00 each

### ALL OTHER COMPONENTS – NO FEE

*Partial list of items (all electronic items will be accepted):*

TOWER/CONSOLE/CABINET  
DESKTOPS  
NOTEBOOKS  
PRINTERS  
ALL PERIPHERALS

SERVERS  
CIRCUIT BOARDS  
NETWORK EQUIPMENT  
ELECTRONIC MEMORY  
ELECTRONIC GAMES

FACSIMILE MACHINES  
PHOTOCOPIERS  
RADIOS  
CD PLAYERS  
CELL PHONES

Rowley Board of Health reserves the right to refuse collection of any item(s) deemed inappropriate

PROOF OF ROWLEY RESIDENCY REQUIRED

Residents should come prepared to transfer their items from their vehicle into the container.

For more information, contact the Rowley Board of Health at (978) 948-2231

## May is Older Americans Month



The Rowley COA is **requesting works of art, crafts and creations to display at the Rowley Public Library's secured display case in May.**

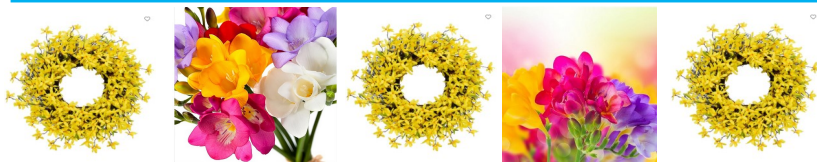
Pieces can be dropped off at the COA. Call Marty for more information at 978-948-7637.  
**Submission deadline is Thursday, April 25<sup>th</sup>.**

## EXERCISE CLASSES IN ROWLEY!

Sponsored by the Council on Aging

Priority is given to Rowley residents. You must call the COA to register.

Program	Day/Time	Instructor	Location	Fee
<b>Exercise!</b>	M/Th 9:30-10:30am	Carolyn Carey	Congregational Church	\$0
<b>Chair Yoga</b>	Th 2-3pm	Mary Hargraves	Rowley Library	\$3
<b>QIGong</b>	M 1-2pm	Mary Hargraves	Rowley Library	\$3



### FUEL ASSISTANCE

Applications are now being accepted for the 2023-2024 year for the Low Income Home Energy Assistance Program (LIHEAP) administered through Community Action, Inc. in Haverhill, Massachusetts and the Salvation Army Good Neighbor Fund Program

These programs financially assist households with help on their winter heating bills and is based upon gross income and the number of people residing in the home.

Number in household      Maximum annual Income

#### **Low Income Home Energy Assistance Program**

1	\$45,392
2	\$59,359
3	\$73,326
4	\$87,294

#### **Salvation Army Good Neighbor Fund Program**

1	\$45,392-\$60,523
2	\$59,359-\$79,145
3	\$73,326-\$97,768
4	\$87,294-\$116,392

Tim Morris, Outreach Coordinator at the Rowley COA has applications for these programs. Please call 978-948-7637 to apply. Households may also contact Community Action, Inc. at 978-373-1971 for application assistance and instruction.



### APRIL MOVIE & LUNCH

**The  
Magnificent  
Seven  
Thursday,  
April 18  
12:30**

Seven gunfighters are hired by Mexican peasants to liberate their village from oppressive bandits.

[1960](#) 2h 8m

Action Adventure Drama



On **Thursday, April 18**  
from 9 am to 12 noon, at  
the **Senior Center**,  
Bill Duke will teach up to  
ten people how to paint

the **"Another Pink House"**

All you need for the class is the desire for some creative fun. No previous painting experience is necessary. The lesson is just \$20. Materials are provided. Come and join us!

*Call to sign up.*

**978.948.7637**



## BOOK CLUB for APRIL

April 16 @ 1:30pm  
Rowley Library

The Dutch House  
By Ann Patchett

## BOOK CLUB for MAY

May 21 @ 1:30pm  
Rowley Library

Rules for Visiting  
By Jessica Kane

## BOOK CLUB for JUNE

June 18 @ 1:30pm  
Rowley Library

This is Happiness  
By Niall Williams

## Seasonal Cooking with Three Sweet Peas Spring Primavera

Join us for some fun with  
Angela & Heather on  
Thursday, April 11 at 10:30am

Please be sure to call the  
Senior Center to sign up at  
978.948.7637.  
Suggested \$3 donation.

## Rowley Bus Trip - Let's Shop!!

The Bus will leave the Rowley Senior Center on **Thursday, April 4 at 9:30 am for Walmart in Seabrook** with a quick lunch before we return home to Rowley. (Lunch is on your own) As always, all are welcome. However, preference will be given to Rowley Seniors who do not drive or who do not have transportation. Sign up early as seating is limited.

*If you require assistance, notify us when you sign up and we will try to provide a companion to accompany you.*

Call 978.948.7637 to  
register!



the **healthy living**  
Center of Excellence

### A Matter of Balance

Sign Up Today for **FREE** Eight Week Workshop!

Wednesday April 3, 2024 – May 22, 2024  
10:30a.m. – 12:30p.m.  
Rowley Council on Aging  
39 Central St, Rowley, MA

To register please contact: [marty.blanchard@townofrowley.org](mailto:marty.blanchard@townofrowley.org)  
or call 978-948-7637

Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels.

#### Learn to

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce the risk of falling
- Exercise to increase strength and balance

#### Who should attend

- Anyone concerned about falls
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling
- Anyone interested in improving balance, flexibility and strength



**AgeSpan**  
Choices for Life's Journey

**Julie Romano is coming to the Senior Center on Tuesday, April 9 at 10am to speak briefly about the program and what it has to offer.**

*Many of our clients already live with a family member who could qualify as a caregiver and be eligible for a monthly payment and 24/7 support services.*

#### Since 2001

Adult Foster Care of the North Shore was founded in 2001 by Cynthia Bjorlie, M.D. to provide financial, emotional and clinical support solutions to families who are in need of care for a disabled or chronically-ill loved one. For over 20 years, our single-focused agency has remained dedicated to keeping clients happy, healthy and engaged in their communities.

#### How We Help

If you have a client who may be eligible for this MassHealth program, please contact us. Our dedicated intake team will assess your needs to see if you or someone you know qualifies for this innovative MassHealth program.

Visit our website and contact us today.

**AdultFosterCare**  
of the North Shore  
*Celebrating 20 years*

Adult Foster Care of the North Shore helps its clients remain at home and active in their own communities while also providing their caregivers with financial assistance from MassHealth.



**"I am amazed at how helpful and responsive everyone has been from day one!"**

**Sandra, caregiver to her son Brendan**

**AdultFosterCare**  
of the North Shore  
*Celebrating 20 years*



**"Our AFCNS experience has been valuable beyond measure."**

**Denise, caregiver to her son Dean**

Contact Adult Foster Care of the North Shore

📞 978-281-2612

📠 978-281-2223

✉ info@adultfostercarens.com

📍 63 Middle Street, Gloucester, MA 01930

### PODIATRIST VISIT in HAMILTON

Dr. Van Ess, a Podiatrist from Salem, Mass, is accepting appointments for Friday, May 24 at the Hamilton Council on Aging (COA) located at 299 Bay Road (Route 1A). Appointments will be offered from 9:45am-11am. The out of pocket cost is \$45. Insurance plans are accepted.

Contact the Hamilton COA at 978-626-5240 to set up an appointment.



### **Celebrating Volunteers!**

We are so thankful for our volunteers!

They help with Monday lunches, come on trips, garden, assist at events, fold newsletters, serve on the Board of Directors, join the Friends to help raise for the COA, teach classes and call bingo!

**There is always room for more!**

***'Never doubt that a small group of thoughtful committed individuals can change the world.'*** Margaret Meade



## LEARN YOUR DEVICE



**Wednesday, April 10 2-3pm**

**By appointment only. Call for your time slot.**

Help With Your Phone, Tablet & Technology!

Did you get a new phone, laptop, tablet or other device for Christmas?

Carol Soucy of Rowley will be coming to the COA. She will instruct you on how to properly use certain features on your device. Be sure to come with your device (s) and all your questions. When it comes to technology there are no silly questions.

Register by calling 978.948.7637

**Paint your  
wreath with  
Lisa Weagle**

**April 30  
at 10am**



Join us for High Tea at Jolie's Tea House at  
316 Derby Street in Salem.

Three Tiered Presentation of High Tea

**Thursday, April 25**

**10am departure from COA**

Tea Sandwiches - Lemon Scones  
French Macarons - Madeleines and of  
course a Pot of Tea!

\$36 per person. Bus space is limited to 10.

*The Rowley Senior Center presents.....*



Line Dancing

coming in April to the Congregational Church in  
Rowley at 175 Main Street

**Thursdays, April 4, 11, 18, 25**

**4:30pm**

Kathy Sperouinis of Line Dancing, LLC  
will be coming to teach line dancing  
for fun, health and for you.

\$3.00 per class

Please call 978.948.7637

*Featuring all genres of music.*

*Fun Fun...  
For Health...  
For You!  
Line Dancing!*

## **RESOURCES**

**For help with any of these resources, contact Tim Morris, Outreach Coordinator 978-948-7637.**

**ROWLEY FOOD PANTRY** - Tues 10 to 12 noon and 1st & 3rd Thur 5:30 pm to 7 pm for Rowley residents. Located at the rear of the Baptist Church Parsonage at 153 Main Street. Call 978.238.6264.

**NEWBURY FOOD PANTRY** - Newbury Food Pantry serves guests by assisting them with online ordering, filling orders, delivering groceries and offering contact-free pickup for those who have transportation. Place your order online <https://www.newburyfoodpantry.org/get-food> or by phone all day Wednesday until Noon on Thursday. 978.358.1077 Rowley Residents Welcome!

**BYFIELD LUNCH** - Join us for a short program and a home-cooked meal. 3rd Tues of month as scheduled. Bus departs @ 11am from the Senior Center. Lunch is 11:30 – 1:30. Call 978.948.7637 to sign up.

**Rowley COA Community Lunch** - The COA serves lunch every Monday (except holidays) The meal is served at noon though folks often come at 11:30 to visit before the meal. \$3 donation appreciated.

**DINNER BELL** - Delicious free dinner served every Monday from 5-6pm at the Masonic Hall, 70 Topsfield Rd. All Rowley residents welcome.

**Rowley Congregational Church Dinner** – The Congregational Church offers a free community dinner one Saturday night a month. **Call for the date.**

**MEALS on WHEELS** – The traveling meals program offers a nutritionally balanced lunch to senior residents who are unable to prepare their own.

**SNAP** - (Food Stamps) The Supplemental Nutrition Assistance Program for low-income households to help you expand your healthy food budget and explore opportunities to support your wellbeing and education and employment goals.

**HELPING HANDS** - Rowley/Ipswich Rotary Club - Local Rotarians will offer help with small chores around your home.

**AgeSpan** – is a private, nonprofit agency connecting people of all ages and abilities and their caregivers with impartial information, quality services, and vigorous advocacy. They are dedicated to helping people in northeast Massachusetts maintain their highest levels of independence, health, and safety as they age. 1.800.892.0890

**LEGAL AID** - The Mass Bar Association offers the Dial A Lawyer program the first Wednesday of each month from 5:30 pm.-7:30 pm. People can call in during this time and ask legal questions free of charge. Call 617.338.0610 or 877.686.0711 with your questions!

**NEET** - A transportation service offered through the COA. Volunteer drivers are matched with **enrolled** seniors who need a ride. Call 978.948.7637.

**RING and RIDE** - MEVA - Shared Ride Service for shopping, medical appointments, visiting friends and with a wheel chair Lift. Call 978.469.6878 #3.

**MEDICARE** - Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare. To schedule a SHINE appointment, call 978.948.7637.

**PET CARE PROJECT** - The COA has received a donation to help needy senior citizens take good care of their household pets. Grants can be used for routine medical care, especially spaying / neutering and shots

**USED MEDICAL EQUIPMENT** - The Masonic Hall in Ipswich stores donated used medical equipment such as walkers, toilet seats, canes and wheelchairs. Call Tom at 351.444.8869 for your needs or to donate.

**MONTHLY COMMUNITY CAFÉ** - Come join us for a hot cup of coffee or tea, a sweet treat, and visit with friends and old. The last Wednesday of the month; 8:30 – 10 am. There is no cost for this event. First Congregational Church 175 Main Street. All are welcome.

**SENIOR HOUSING** – The COA provides information about and assistance with completing the state-wide CHAMPS (Common Housing Application for Massachusetts Programs) and applications for other housing options.

**RENTAL ASSISTANCE** – The Residential Assistance for Families in Transition (RAFT) program helps keep households in stable housing situations when facing eviction, loss of utilities, and other housing emergencies caused by loss of income, increase in expenses, or both. Tim can help with application and eligibility.



PAULINE C. WHITE, ABR, CRB, CRS  
BROKER MANAGER



## ROWLEY REALTY

165 MAIN STREET, RT. 1A  
P.O. BOX 101  
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Associate

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1889memorials@verizon.net

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BARN.TODDFARM@GMAIL.COM



978-948-7418

Title 5 Inspections

Mini Backhoe Services



R. Jenkins & Sons

Owner  
Ron Jenkins

System Insp. # 14268  
978-314-0503

Quality Service



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www.townofrowley.net

APRIL 2024

Standard Bulk Rate  
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Rowley, MA

This newsletter is made possible in part by a grant from the Executive Office of Elder Affairs, the Friends of the Rowley COA and our advertisers.

**Is your Medicare Plan best for you?  
And do you qualify for Medicare Costs  
Saving Program?**

If you are enrolled in a **Medicare Advantage Plan** as of January 1, you can make a change to your coverage now through March 31 due to the Medicare Advantage Open Enrollment Period.

You can change your plan to a different Medicare Advantage Plan, or you can change to Original Medicare with a supplement and a Part D drug plan. There are differences with Medicare Advantage Plans and Original Medicare, and you want to be sure you're in the plan that best fits your health care needs and your budget. The changes you make become effective the first day of the following month. This enrollment period is only for people who already have a Medicare Advantage Plan. However, if you find yourself with any Medicare plan that is not beneficial for you, call SHINE any time during the year to determine what your options are. If you are considering a change or considering review of your plan, your local SHINE counselor will review your plan with you while focusing on your best interest.

**Medicare Cost Savings Programs (MSP)** eligibility guidelines are expected to change in March. You may not have been eligible prior, so check in with a SHINE counselor to help determine if you are now eligible. Call for an appointment with a certified SHINE Counselor:

**978.948.7637**

SHINE is a federally funded program helping you navigate Medicare.



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