



# A FEW GRAY HAIRS



A Newsletter of the Georgetown Council on Aging

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**Director's Notes...** Several years ago, our oldest daughter was invited to a pre-season cross country party at a teammate's West Newbury home. An afternoon pool party and barbeque extended into the evening and we returned with our younger daughters to pick her up just as dusk fell. With the friend's home located in a particularly rural part of town, we drove past open fields & meadows on our way home. Darkness settled across the fields and woods and we suddenly realized that we could see small lights flickering across the meadow. Pulling the car over to the side of the road, we watched in amazement as the meadow lit up with the twinkling light of thousands of fireflies dancing across the grassy fields. The five of us "ooed" and "ahhed" as the remarkable light display continued for several minutes, rivaling the best of Fourth of July fireworks displays. It was the magic of a quintessential summer's evening, when we are suspended in a moment of time and reminded to savor and be refreshed by the special opportunities that summer brings. So enjoy a chilled lemonade on the porch and take in that concert by the pond! Watch the chimney swifts swoop across in the evening sky at twilight and look for constellations in the sky. Read a novel in your favorite chaise lounge with your toes dug in the sand at the beach or just in the backyard. Indulge in your favorite ice cream, splurge on the cone in the cup! Breathe in the scent of freshly cut grass and tuck that memory aside for later this winter when we'll need to be reminded of the warmth of summer days. Summer is a short season in New England but it has the power to restore our souls, reminding us of the joys of summers past and preparing us for all the seasons still to come!



## Summer Fire Safety

With the summer in full swing, Fire Chief Al Beardsley has shared some important fire safety tips regarding the use of gas grills recently received from State Fire Marshall Steven Coan.

- Splattered grease from past cooking coming down that coats the propane gas lines of gas grills makes a nice meal for chipmunks, squirrels and mice. Left un-cleaned and uninspected the lines decay and develop pin-point leaks thus promoting a fire as propane gas leaks out of the opening.
- Check the connections and clean the grease trap of your gas grill.
- Avoid storing propane cylinders in the sun. The expansion rate of propane is about 270:1. Meaning an overfilled propane tank left in the sun can expand inside the tank to the point the relief will "pop" and excess pressurized gas will escape and when it comes in contact with and an ignition source (open flame), will ignite.
- Don't drive around town all day with a propane cylinder in the truck of your car. Again, the expansion rate could cause a release of vapor. Make the propane tank fill/swap a trip unto its own.
- When you're done with the grill for the meal, shut it off.
- Don't ever leave your grill going without adult supervision nearby. Each year we hear the stories about young children being needlessly hurt when exposed to hot, splattering grease, heat, or open flames.
- Avoid wearing loose clothing when working at the grill, and the same can be said for anytime you're cooking whether it's the inside gas or electric stove or the outdoor grill. Lose clothing can easily ignite.

The bottom line is to enjoy the summer, but be safe and be aware as well as alert to what's happening around you. Enjoy the summer!

# August Activities

ACTIVITIES ARE HELD AT THE FIRST CONGREGATIONAL CHURCH UNLESS OTHERWISE NOTED.



CALL US AT 978-352-5726.



## AUGUST VAN SCHEDULE 2014

Shopping Date	Location	Recreation Date	Location
Aug. 5	NO VAN – Brown Bag Only	Aug. 7 9:30	SuperWalmart/Salem, NH
Aug. 12 9:30	Rowley	Aug. 14 10:30	Target & Mann's Orchard/Methuen
Aug. 19 9:30	Newburyport	Aug. 21 10:30	Seabrook, NH
Aug. 26 9:30	Plaistow, NH	Aug. 28 10:30	Haverhill

**JOIN US MONDAY – WEDNESDAY MORNINGS** from 9-10:30 a.m. at the First Congregational Church for cards and cribbage games! Hot coffee and snacks are a great way to reconnect with friends!

**SHINE OFFICE HOURS: Mon. Aug. 4, 9:00 – 11 a.m.**  
**SHINE Counselor Jerry Goldberg** will be here to answer health insurance questions. **APPOINTMENTS MUST BE SCHEDULED THROUGH THE COA OFFICE.** If you cannot come to the scheduled hours, the COA can contact our SHINE counselor to make other arrangements for you. To schedule an appointment, call (978) 352-5726.

**VISITING NURSE: Wed., Aug. 6, 10:00 – 11:00 a.m.**  
 Public Health Nurse **Pam Lara** will be available to provide blood pressure checks, heart assessments, & medication information & to discuss any medical concerns seniors have. Barbara Muse, R.N., a visiting nurse, is also available for Trestle Way residents in their Community Building on the first Wednesday of each month from 12:00-2:00 p.m.

**MEN'S BREAKFAST: Thurs. August 7, 9:30.**  
 Trestle Way Community Building  
**Members of the Georgetown Fire Dept. will speak.**  
 With great appreciation, the COA thanks Crosby's Markets for their sponsorship & the Georgetown Housing Authority for their partnership in offering the monthly program. For reservations, please call (978) 352-5726. **Next Breakfast: Thurs. Sept. 4. Guest Speaker will be State Rep. Lenny Mirra.**

**FRIENDS OF THE COA UPCOMING Meetings:**  
**Tues. August 19, 2:30 p.m.** at the Peabody Library. Open to the public. New members welcome.

**SUMMER CRAFT: Tues. Aug. 12, 10:00**  
 First Congregational Church See page 3 for details.

**LAZY, HAZY SUMMER DAYS: Tues. August 19, 10 a.m.**  
 First Congregational Church See page 3 for details.

**FREE LEGAL ADVICE: Tues. August 26, 10:00**  
 Atty. **Elaine Dalton** will be at the First Congregational Church by appt. only. See page 3.



**AUGUST BIRTHDAY PARTY:**  
**Wed. Aug 27, 11:30**  
**First Congregational Church**

Join us as we send best wishes to our friends who were born in August. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 8/20/14 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.



Several Georgetown elders enjoyed one of the many activities and programs held in FY14. FY15 is off to a busy start with more in store as we gear up for fall.

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### Local Legislators' Office Hours

The following legislators, or their representatives, will be on hand at **Town Hall** 2nd Floor Conference Room to meet with constituents to answer questions, hear comments or provide assistance. The public is welcome. For more information, contact the COA at 978-352-5726.

**Sen. Bruce Tarr: Tues. Aug. 19 11 a.m.-12:30 p.m.**

**Rep. Lenny Mirra: Mon. Aug. 18 9 a.m.**

**Health & Wellness Classes** Classes are held at Trestle Way Community Room. Newcomers & beginners welcome. There is a SUGGESTED DONATION of \$3.00 per class for all classes.

**\*WALKING CLUB\***

Class	Meets on	Time
Yoga (Bring a mat or towel)	Mondays	10:30 a.m.
	Wednesdays	9:00 a.m.
Strength Training	Tuesdays	12:30 p.m.
	Thursdays	10:45 a.m.

**Walking Club is on Summer Hiatus & will return in the fall**

B	I	N	G	O
12	21	38	49	63
<b>Georgetown Senior Center</b>		40	<b>Trestle Way Community Room</b>	
Every Monday at noon	Cost: \$1.00/card covers up to 10 Games	Free Space	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesdays each month at 1:00 p.m.	Cost: 50¢ & 75¢ per game.
For more info, call (978) 352-5726		33	Contact: GHA (978) 352-6331	
2	29	45	50	72

*Crosby's Marketplace Sponsors Men's Breakfast*

In the spirit of community, Crosby's Marketplace will sponsor the COA's monthly Men's Breakfast program again this year. Now in its seventh year of sponsorship, Crosby's Marketplace has allowed us to increase our monthly program with additional participation. On an average we serve 16 men per month, with as many as 20 joining us in recent months! In the past fiscal year, we served a total of 172 men. Breakfasts include a variety of speakers and a home-cooked meal. The COA thanks Crosby's Marketplace for this important partnership and encourages all men to join us each month. For more information, please call the COA office at (978) 352-5726.



**Seaside "Mock" Shadow Box**  
Taught by Susan Gardiner

Tues. August 12 10 a.m.  
First Congregational Church

Create your own work of art! This "mock" shadow box supports many variations to express your individuality.

Seats limited.  
RSVP before 8/5/14.  
Call 978-352-5726.

**Attorney Elaine Dalton Offers Free Legal Help**

Tues. August 26, 10 a.m.  
by appointment only

Assistance available for:

- Health Care Proxies,
- Durable Power of Attorney
- Other elder law issues
- 15 minute appointments available



**"It is only through labor and painful effort, by grim energy and resolute courage that we move on to better things."**

*-Theodore Roosevelt*



The COA and all activities will be closed on Monday, September 1 for Labor Day. **3**

**Shortcake & Summer: A Match Made in Heaven**



Tues. August 19, 10 a.m.  
First Congregational Church

Join us for Strawberry Shortcake & a time of sharing:

- a favorite memory of summer vacation or activity
- a picture (maybe of you in an old-time bathing suit!)
- a great family recipe for Strawberry Shortcake



To assist with planning, contact the COA before 8/12/14.  
978-352-5726

## Music at Eden's Edge Summer Series

Music at Eden's Edge Senior/Family Series: free summer concerts at the North Shore Unitarian Universalist Church, 323 Locust Street, Danvers. NSUUC offers ample parking, shade and is fully handicapped accessible. Guests are always invited to stay for refreshments and conversations with the artists following the concerts. It is an enjoyable time for all – and it is all still *free!*

Concert dates are on Tuesdays as follows: **August 19:** Treble Treasures of August (voice, flute, violin and piano), and **September 16:** September in Venice (Venetian Baroque masterpieces played on period instruments).

## Coming this fall...

**A Matter of Balance - Fall Prevention program** Wednesdays Sept. 10-Oct. 29, 10 a.m.-noon at the First Congregational Church. 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 fall risks at home,
- ★ exercise to increase strength and balance.



**Russ McQueen** joins us on **Tuesday Sept. 9**, 10 a.m. to perform a concert of Patriotic Music in celebration of National Senior Center Month. Sponsored by the Georgetown Cultural Council.



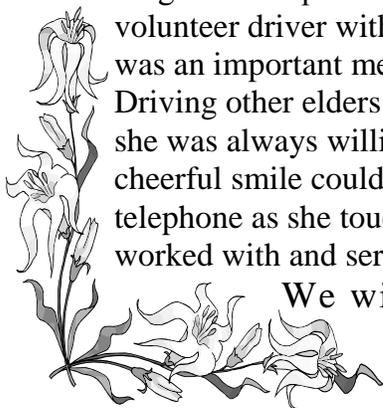
**Delvena Theater Company** returns **Monday Sept. 29** to perform the play "**Louisa's Girls**"

- Look into Louisa Mae Alcott's family life & literary work.
- A special tea is planned for the audience.
- Free to the public.
- This program is supported by a grant from the Georgetown Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.



## *In memory of Peg Gnoza*

It was with great sadness that we learned of our friend Peg Gnoza's passing in June. A long-time volunteer driver with the NEET Program, Peg was an important member of the COA team. Driving other elders to medical appointments, she was always willing to lend a hand. Her cheerful smile could be felt through the telephone as she touched the lives of those she worked with and served for so many years.



We will miss her deeply & send our sympathy to her family.



## Georgetown Summer Concert Series Celebrates 20<sup>th</sup> Season

Sponsored by the Georgetown Cultural Council, the Georgetown 2014 Summer Concert Series will be held **Sundays from 5-7 p.m. at the American Legion Park**, Rear Prospect Street.

### The schedule includes:

- ★ **August 3: Renowns (Doo Wop)**
- ★ **August 10: Paul Rishell & Annie Raines (blues/roots)**
- ★ **August 17: Allie Stoetzel & the Goodtime String Band**
- ★ **August: 24: Courage & the Bear (indie pop)**
- ★ More information regarding the concert series can be found at [www.gtownculture.org](http://www.gtownculture.org)



## Fun Fridays in August! Museums & Cultural Events Free to the public

**Aug. 1:** Isabella Stewart Gardner Museum, Commonwealth Shakespeare Company, American Textile History Museum, The Discovery Museums, Hancock Shaker Village, Concord Museum, Mahaiwe Performing Arts Center

**Aug. 8:** Boston Harbor Islands National Park, Clark Art Institute, Wenham Museum, USS Constitution Museum, Children's Museum at Holyoke, Volleyball Hall of Fame, Fuller Craft Museum

**Aug. 15:** The Institute of Contemporary Art/Boston, Plimoth Plantation, Garden in the Woods, Museum of Russian Icons, Fitchburg Art Museum, Historic Deerfield, Reagle Music Theatre

**Aug. 22:** Boston Children's Museum, Museum of African American History, New Bedford Whaling Museum, Old Manse-Trustees of Reservations, Berkshire Museum, Emily Dickinson Museum

**Aug. 29:** Buttonwood Park Zoo, Ecotarium, Cape Cod Museum of Natural History, Norman Rockwell Museum, The Mount-Edith Wharton's Home, Griffin Photography Museum

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Fun Fridays are sponsored by Highland Street & WCVB TV5. **For more information, contact Highland Street at [HIGHLANDSTREET.ORG](http://HIGHLANDSTREET.ORG) or call 617-969-8900.**

# **Council on Aging Services**

For information on any of the following services, contact the COA at (978) 352-5726.

## **TRANSPORTATION/SHOPPING:**

The Van is available Tuesdays & Thursdays for door-to-door for shopping and errands. Reservations should be made at least two days in advance by calling the COA office at (978) 352-5726. Please check the Van Schedule for this month's days and destinations. A small donation is suggested to help with program expenses.

## **TRANSPORTATION/MEDICAL:**

### **Northern Essex Elder Transport, Inc.**

This program provides rides for elders to medical appointments. Arrangements should be made at least THREE days in advance of the appointment by calling the Council on Aging office at (978) 352-5726. If the office is closed, please leave a message (and remember that we are not open on Fridays). After the ride is arranged, the DRIVER will call you the day before the ride. A donation of 43 cents per mile is suggested to help support the program. However, no one is turned down due to inability to pay. Please remember: Reservations must be made through the Council office and clients should not be calling the drivers directly.

### **RING & RIDE: Medical, Shopping & General Purpose Transportation**

Ring & Ride is a free shared van service available to Georgetown residents. It requires 24 hour notice for reservations made through MVRTA (978-469-6878, option #3). The van can be used for any purpose including medical and shopping in Amesbury, Boxford, Georgetown, Haverhill, Groveland, Newburyport, Lawrence, Methuen, Newbury, North Andover, West Newbury, Rowley Train Station & Market Basket. For a brochure, contact the COA.

## **HANDICAP PLACARDS**

Are you in need of a HANDICAP placard for your car? The Council on Aging has applications available from the Registry of Motor Vehicles.

## **Meals on Wheels**

Available to eligible seniors by calling Elder Services of Merrimack Valley at 1-800-892-0890.

## **Congregate Meals**

The Senior Center offers nutritious lunches Monday-Wednesday at 11:30 a.m. Please make reservations at least three business days in advance by calling the COA or in person at the Center.

## **FOOD AND HEAT RESOURCES**

For more information, contact the COA office at (978) 352-5726.

## **VISITING NURSE**

On the first Wednesday of each month, from 10:00 - 11:30 AM, Pam Lara, RN is available at the Senior Center to perform Blood Pressure checks, etc. Trestle Way residents may also visit with the nurse in the Community Building on the first Wednesday of each month, noon-2:00 PM.

## **S.H.I.N.E.**

Serving Health Information Needs of Elders will help you understand your health insurance concerns. Appointments can be scheduled with SHINE counselor Jerry Goldberg at the Senior Center on the first Monday of each month.

## **EQUIPMENT LENDING PROGRAM**

COA has medical equipment (Walkers, Canes, Wheelchairs, Bath Seats, etc.) for long- or short-term lending.

## **FILE OF LIFE & YELLOW DOT PROGRAMS**

Both programs provide a health history document to be used by emergency personnel in case of illness or injury. One is for your home, the other for your car.

## **HEALTH CARE PROXIES**

COA has fact sheets and Health Care Proxy forms available upon request.

**THE FILE** A handy folder which serves as a summary of record of Financial Information, Investments & Insurance, Legal Documents & Estate Management information.

Updated 4/24/12

Georgetown Council on Aging  
Memorial Town Hall  
1 Library Street  
Georgetown, MA 01833

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**Georgetown Council on Aging**  
**1 Library Street**  
**Georgetown, MA 01833**  
**(978) 352-5726**

**Office Hours:**

**Monday – Thurs. 8 am – 4 pm**

**Georgetown COA Meal Site**  
**@ 1<sup>st</sup> Congregational Church**  
**Andover St. ~ Georgetown, MA**  
**(978) 352-8443**

**Open:**

**Monday – Wed. 9 am – noon**

**PUBLIC NOTICE**

C.O.A. board meetings are open to the public. They are held at noon on the 4<sup>th</sup> Tuesday of each month at the **First Congregational Church Andover Street, Georgetown**

**NEXT BOARD MEETING:**  
**Tuesday August 26, 2014**

**Georgetown Council on Aging:**

**Director:** Colleen Ranshaw-Fiorello

**Office:** Julie Pasquale, Newsletter

Kirsten Klueber, Outreach

Dave Hall, Van Driver

Jeannine DesJardins, Volunteer

**Mealsite Coordinator:** Mickie Locke

**Board Members:**

Jeannine DesJardins, Chair

Claire Maimone, Vice Chair

Chandler Noyes, Treasurer

Jean Perley, Secretary/Clerk,

Susan Gardiner, Esther Palardy,

Diane Prescott, Corona Magner, Nancy

Thompson, Caroline Sheehan-alternate

Ann Stewart-alternate

**Town of Georgetown:**

Michael Farrell, Town Administrator

Stuart Egenberg, Chair, Board of Selectmen

Stephen Smith, Board of Selectmen

David Surface, Board of Selectmen

Gary Fowler, Board of Selectmen

Philip Trapani, Board of Selectmen

**Georgetown COA Webpage** is

located on the town's official website

[www.georgetownma.gov](http://www.georgetownma.gov).

**Council on Aging Mission Statement:**

The main objectives of the Georgetown Council on Aging are to advocate on behalf of 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.

**Inclement Weather Policy:**

The Georgetown Council on Aging and Senior Center will be open for business in inclement weather unless all Georgetown town offices are closed. If the Georgetown Public Schools are closed, there will be no van rides or NEET rides, and all COA activities/programs will be cancelled. If the Merrimack Valley Nutrition Project is closed, there will be no lunches served at the COA Meal Site located at the First Congregational Church.

## August Menu - Make reservations 3 days in advance. Call (978) 352-5726.

**Lunch is served Monday through Wednesday at the First Congregational Church at 11:30 a.m. Cost is \$2.00.**

The MVNP is made possible in part by funding from the Older Americans Act as granted by Elder Services of the M. Valley  
Nutritional information regarding meals is available upon request by calling the COA office at (978) 352-5726.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
<b>4</b> Cheeseburger/bun, Corn, Baked Pot Chips, Pineapple	<b>5</b> <b>NO MEAL: MVNP Appreciation Day</b>	<b>6</b> Chix Marsala, White Rice, California Blend Veg, Orange, Wh Wh Roll
<b>11</b> Oven Roast Chix/Gravy, Whip Pot, Carrots, Pears, Wh Wh Roll	<b>12</b> Fishwich Sandwich/Cheese/Roll, Green Beans, Peaches	<b>13</b> Chix Fajitas/Lettuce/Tortilla, Corn, Pineapple
<b>18</b> Sweet/Sour Meatballs, White Rice, Green Beans, Peaches, Wh Wh Bread	<b>19</b> BBQ Chix Breast, Whip Pot, Mixed Veg, Pineapple, Snowflake Roll	<b>20</b> Baked Salmon/Dill Sauce, LF Muffin, Rice, Broccoli/Cauliflower, Fruited Jello
<b>25</b> Honey Curry Chix, Whip Chive Pot, Carrots, Fruit Cocktail, Multigrain Bread	<b>26</b> Stuffed Shells/Meat Sauce, Country Blend Veg, Orange, Italian Bread	<b>27</b> Meatloaf/Gravy, Garlic Whip Pot, Green Beans, Fruited Jello, Wh Wh Roll

Cool off this summer with **Chocolate Hazelnut Frozen Pops** (Serves 4)

**Ingredients:**

1/3 cup milk \* 1 (5.3 oz.) container vanilla Greek yogurt \* 1/4 cup Jif® Chocolate Flavored Hazelnut Spread \* 4 (3 to 4 oz.) disposable cups \* 4 wooden craft sticks



**Directions:**

1. PLACE milk, yogurt and hazelnut spread in blender container. Cover and process until smooth.
2. DIVIDE evenly into cups. Freeze 20 minutes or until partially frozen. Insert wooden stick into center. Freeze 40 minutes or until firm.

## AUGUST VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>4</b> 9:00 SHINE appts. 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>5</b> <b>No Shopping Van– Brown Bag</b> <b>No Lunch today</b> 12:30 Strength Training	<b>6</b> 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch	<b>7</b> 9:30 <b>VAN:</b> Walmart/Salem NH 9:30 Men's Breakfast/Tr. Way 10:45 Strength Training
<b>11</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>12</b> 9:30 <b>Van: Rowley</b> 10:00 Summer Craft 11:30 Lunch 12:30 Strength Training	<b>13</b> 9:00 Yoga 11:30 Lunch	<b>14</b> 10:30 <b>VAN:</b> Target-Mann's Orchard/Methuen 10:45 Strength Training
<b>18</b> 9:00 Rep. Mirra/Office hrs 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>19</b> 9:30 <b>Van: Newburyport</b> 10:00 Shortcake & Summer Memories 11:30 Lunch 12:30 Strength Training 11-12:30 Sen. Tarr's Off. Hrs 2:30 COA Friends/Library	<b>20</b> 9:00 Yoga 11:30 Lunch	<b>21</b> 10:30 <b>VAN:</b> Seabrook, NH 10:45 Strength Training
<b>25</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>26</b> 9:30 <b>Van: Plaistow, NH</b> 10:00 Free Legal Help by appt. 11:30 Lunch 12:00 COA Board Meeting 12:30 Strength Training	<b>27</b> 9:00 Yoga 11:30 Birthday Lunch	<b>28</b> 10:30 <b>VAN:</b> Haverhill 10:45 Strength Training

**Van Trips:** The cost is \$2.00 roundtrip. The pick-up time for Tuesday shopping trips, as well as the monthly Thursday trip to Super Walmart in Salem, NH, is 9:30 a.m. The pick-up time for all other Thurs. trips is 10:30 a.m., unless otherwise noted. Please confirm pick-up times when you call. Make your reservations ASAP by calling the COA at (978) 352-5726.