



A FEW GRAY HAIRS



A Newsletter of the Georgetown Council on Aging
Email: cfiorello@georgetownma.gov

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Website: www.georgetownma.gov

Director's Notes... Although these early days of spring still hold much of winter's features, there is enough spring in the air to give us hope and faith that better days will soon be here! When we were kids these were the days when we would unzip our coats to better display our new spring dresses and tuck our hats into our book bags (once we were out of sight of our parents' kitchen windows), boldly walking into the school yard to meet our other stylish friends. Unfortunately, that school yard did not drain well and the run-off from the winter's snow would create a slushy pond. Of course, the several inches of icy muck was more temptation than some children could withstand and the pond frequently claimed boots that became stuck in the icy muck. To make matters worse, these were the old rubber galoshes that were worn over your shoes and snapped around your calves. If you lost your boot in the pond, you lost your shoe, too! Some unhappy parents then had to make the trip to the school, wade into the pond and retrieve the errant boot and shoe while their child sat outside the principal's office dangling a stocking clad foot waiting for their shoe to arrive! To make matters worse, some of us would invariably have a toe poking through our wooly stockings! As spring arrives, I hope that you enjoy some days that allow for an unzipped jacket and doffed winter cap, but take my advice and avoid those tempting puddles! You never know where a puddle will end and a boot-ambushing pond begin!



Georgetown Peabody Library offers Technology Training Sessions

As a new service, the Georgetown Peabody Library now offers 30-minute technology training sessions at the library. Participants can either bring their own personal technological device or use the library's computers for the training session. Along with information on library services such as overdrive e-book downloads, the library catalog or online resources and databases, the training sessions can include technology training on the use of E-readers such as Kindle, Nook and other E-pub devices; tablets such as iPad, Kindle Fire and Android; an introduction to the Internet; how to set-up e-mail accounts; resume formatting, Windows 8 and computer software including Microsoft Office (Word, Excel and PowerPoint). To schedule a training session, please call the library at 978-352-5728 and ask for Sarah. For more information, visit the library's website at <http://georgetownpl.org>.

AARP Tax Prep Assistance Available

Open to: Elders and other moderate-income individuals

Where: COA Office (Town Hall)-1 Library St.

When: Thursday mornings March 6 - April 10

Appointments are required.

8 one-hour sessions available each Thursday starting at 9 a.m.

**To schedule an appointment, call the COA office
(978) 352-5726.**

Things to bring with you to your appointment:

- ★ Copies of 2013 Federal & State tax returns
- ★ Anything received in the mail marked "Important Tax Return Document Enclosed" including W-2 forms, SSA-1099 (Social Security), 1099-R (pension/IRA), 1099-INT (interest), 1099-B/1099-DIV (stocks/mutual funds).
- ★ Some form of Personal Identification
- ★ To determine Circuit Breaker Tax Credit, bring 2013 Property Tax bills & Water Bills.

Information regarding tax preparation and the criteria for Massachusetts Circuit Breaker tax program is also available at the Council on Aging office.

March Activities

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



CALL US AT 978-352-5726.



MARCH VAN SCHEDULE 2014

Shopping Date	Location	Recreation Date	Location
Mar. 4 9:30	No shopping van – Brown Bag Only	Mar. 6 9:30	Super WalMart, Salem, NH
Mar. 11 9:30	Rowley	Mar. 13 10:30	Target/Mann's Orchard/Methuen
Mar. 18 9:30	Newburyport	Mar. 20 10:30	Seabrook, NH
Mar. 25 9:30	Plaistow, NH	Mar. 27 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 cookies (or other snacks) are a great way to reconnect with friends!

CHANGE IN SHINE OFFICE HOURS: There will be **NO SHINE** office hours in **March or April**. Call the COA office for assistance or further information. (978) 352-5726.

MEN'S BREAKFAST: **Thurs. March 6, 9:30 a.m.**

Trestle Way Community Building

Stephen Smith, Chairman, Georgetown Board of Selectmen will be on hand for discussion and questions. 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. **Thurs. April 3: Guest Speaker** will be **Allyson Fiorello**, Constituent Services Coordinator and **Brittany Kaminsky**, Administrative Assistant, Office of the Massachusetts Attorney General's Consumer Protection Division.

VISITING NURSE: **Please note date change for March ONLY.** **Mon. March 10, 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.

COMING IN MAY: **Tues. May 13, 10 a.m.** **Kathy Devine**, Outreach Coordinator for Prescription Advantage (Mass. State Prescription Drug Program), will speak on Rx Advantage & how it interacts with Medicare & other prescription drug plans.

ESSENTIAL SKILLS FOR CAREGIVERS SERIES:

Tues. March 4, 11, & 25 10 a.m. See pg. 3 for details.

ELDER LAW FORUM: **Wed. March 12, 10 a.m.**

Margot Birke, Elder Law Solutions, Newburyport

See page 3 for details. Make a day of it! Stay for the St. Patrick's Day Lunch.



ST. PAT'S LUNCH: **Wed., March 12, 11:00**
First Congregational Church

Is it luck or blarney? Who knows!

Be an honorary Irishman for a day if you

must, but join us for the festivities: food, fun and

maybe a glimpse of a leprechaun or two! **RSVP before 3/10/14** so that lunches can be ordered. There is a \$2 donation request for lunches. To make reservations, please call the COA office at (978) 352-5726.

BYFIELD PARISH LUNCHEONS RESUME: **Tues. Mar. 18, 11:45**

Call the church if you plan to attend. 978-352-2022.



MARCH BIRTHDAY PARTY: **Wed. March 26, 11:30**

Join us at the First Congregational Church to send best wishes to our friends who were born in March. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 3/19/14 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

FRIENDS OF THE COA Winter Meetings:

Mon. March 17, & Tues. April 22, 2:30 p.m. at the Peabody Library. **Open to the public. New members welcome.**

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. March 18 12:30 p.m. – 2:30 p.m.**

Rep. Lenny Mirra: **Mon. March 17, 2014 9:00 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.			<u>*WALKING CLUB*</u>
Class	Meets on	Time	Mondays & Wednesdays 3:30-5:30 p.m. at Penn Brook School
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.	

B	I	N	G	O
12	21	38	49	63
Georgetown Senior Center		40	Trestle Way Community Room	
Every Monday at noon	Cost: \$1.00/card covers up to 10 Games	Free Space	1 st & 3 rd 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



Elder Law Forum

Margot Birke

Elder Law Solutions, Newburyport

Wed. March 12, 10 a.m.

*Elder Law

*Health Care Proxy

*Durable Power of Attorney

*Estate Planning

Make a day of it and stay for the St. Patrick's lunch.

Save the Date! ...

EARTH DAY CRAFT Tues. April 8, 10 a.m.

Decorate a clay pot and plant a bulb to enjoy later. RSVP before April 3. Space is limited.

CONSUMER AWARENESS Wed. May 14, 10 a.m.

Allyson Fiorello, Constituent Services Coordinator &

Brittany Kaminsky, Administrative Assistant

Office of the Massachusetts

Attorney General's Consumer Protection Division



Both activities will meet at First Congregational Church.

Watch for posters and more details in upcoming newsletters.

New education series for caregivers! Essential Skills for Caregivers Series Presented by the Alzheimer's Association

**Tuesdays March 4, 11 and 25
10 a.m.**

First Congregational Church.

This new education series will provide families of individuals living with Alzheimer's disease & other forms of dementia or memory disorders with education and practical tools for care giving. Improved day-to-day living and overall quality of life for the person with dementia and the caregiver is the goal. The series will cover communication techniques, strategies to manage difficult behaviors, and safety in the home. Individuals may attend one program or all three programs.

The three-part series will include:

It Starts with Communication

- Proven communication techniques to improve day-to-day life for those with dementia & to reduce their caregiver stress.
- Learn how to communicate in a way that minimizes frustrations, decreases anxiety, & avoids disagreements.

Understanding Behaviors:

- Actions, or behavior, may mean "Slow down" or "I need something to do."
- Learning to understand the message & making changes to care can prevent outbursts & arguments.

Safety at Home:

- A safe & supportive home can prevent injury & enhance independence & a sense of security.
- Learn to adapt your home environment & make it dementia-safe & supportive.

Refreshments will be served.

For further information, call the COA at 978-352-5726.

Heating Assistance Program

Application Packets are still available. To apply for the program call Community Action at (978) 373-1971 or the COA office at (978) 352-5726. Maximum gross income is \$31,271 for one-person or \$40,893 for a two-person household. The application can be completed as outreach at the COA office. For more information, call the COA at (978) 352-5726.



Fuel Assistance Offered By Trustees of the Perley School

Recognizing the difficulties of home heating costs, the Trustees of the Perley Free School offer a **limited** fuel assistance program to local residents who are experiencing financial hardships with energy costs. In addition to the money that is used to fund scholarships for Georgetown graduates & alumnae, the Trustees oversee a small endowment to aid Georgetown residents facing financial hardships. Individuals who may need assistance with heating costs, including oil, gas or firewood, can call the COA at (978) 352-5726 for information & referral.



Emergency Kit Checklist

To better recover from potential future emergencies, the Massachusetts Emergency Management Agency and the Federal Emergency Management Agency suggest that all households prepare and keep an emergency kit on hand. Household emergency kits should include three days of non-perishable/non-cook food and water (one gallon per day per person), medication, flashlight, battery operated radio, extra batteries, a first aid kit, some cash, a cell phone and charger, personal ID cards and personal medical information including medical telephone numbers, medications and allergies (please call the Georgetown COA for a File of Life organizer to help with gathering medical information), family and friend contact information, toothbrush and toothpaste, blanket and washcloth, clothes and baby or pet supplies if needed. For additional information, visit: www.Ready.gov or www.mass.gov/mema/ready



Valentine Card Crafters:
A morning of fun & friendship

Circuit Breaker Tax Credit

The Massachusetts Circuit Breaker Tax Credit is a state income tax credit for certain Massachusetts residents age 65 years or older who paid rent or real estate taxes during the tax year. Based on local property taxes, the tax credit is funded by the state government. The credit is designed for senior homeowners & renters who meet income limits & other criteria. Homeowners are eligible for the credit if they paid more than 10 percent of their total income for real estate taxes, including water charges. Renters can count 25 percent of their rent as real estate tax payments. To qualify for the credit:

- You or your spouse must be 65 years or older by the end of the tax year
- If married, you must file a joint state tax return
- You cannot be the dependent of another taxpayer
- You must rent or own a home in Massachusetts that is your principal residence
- If you are a homeowner, your property's assessed value cannot exceed \$700,000
- If you rent, you cannot also receive a federal or state rent subsidy & your landlord must pay property taxes
- Income limits are: \$55,000 single; \$69,000 head of household; \$82,000 married filing jointly
- The amount you paid for real estate taxes must be greater than 10 percent of your total income

To claim the Circuit Breaker Tax Credit, you must file a state income tax return. If your credit is greater than the amount of income taxes owed, the state will issue a refund for the difference. The maximum credit for tax year 2013 is \$1,030. Individuals who meet certain requirements may be eligible to file retroactively for the last three years. **Information regarding tax preparation & the criteria for the state's Circuit Breaker Tax Credit is available at the COA office.**

Georgetown Municipal Light Department offers appliance rebates

The Georgetown Municipal Light Department offers several rebates on qualified appliances. The appliances must be purchased within 60 days of receipt of the rebate form available at the Georgetown Light Department. Eligible appliance must be Energy Star. Categories include washers, refrigerators, dishwashers, programmable thermostats and certain window air conditioners. One rebate is allowed in each category per year. For further information, please call the Georgetown Light Department at 978-352-5730.

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

Return Service Requested

We strive to keep our mailing list up-to-date. Please let us know if you would prefer not to receive the newsletter or if the addressee is no longer at this address.

Presort Standard
U. S. Postage

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Haverhill, MA



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
@ 1st 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 4th Tuesday of each month at the **First Congregational Church Andover Street, Georgetown**

NEXT BOARD MEETING:
Tuesday March 25, 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:
Claire Maimone, Chair
Esther Palardy, Vice Chair
Chandler Noyes, Treasurer
Jean Perley, Secretary/Clerk
Jeannine Desjardins, Susan Gardiner,
Diane Prescott, Corona Magner, Nancy
Thompson, Caroline Sheehan-alternate
Ann Stewart-alternate

Town of Georgetown:

Michael Farrell, Town Administrator
Stephen Smith, Chair, Board of Selectmen
David Surface, Board of Selectmen
Gary Fowler, Board of Selectmen
Philip Trapani, Board of Selectmen
Stuart Egenberg, Board of Selectmen

Georgetown COA Webpage is located on the town's official website 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 Senior Center.

March 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>
3 Breaded Chix, Oven Brown Pot, Peas, Apple, Oatmeal Bread	4 Beef Stroganoff, Penne Pasta, Carrots, Ice Cream Cup, Wh Wh Bread	5 Soup: Clam Chowder Egg/Broccoli/Cheese Bake, Zucchini & Stewed Tomato, Peach Cup, Italian Bread
10 Sweet & Sour Meatballs, Rice, Scandinavian Veg Medley, Pineapple, Lt. Rye Bread	11 Chix L'Orange, Baked Pot, Green Beans, Tapioca Pudding, Biscuit	12 Soup: Tortellini Cheddar Cheese BBQ Pork/Roll, LS Pot Chips, Garden Salad/Cheese Shreds/CROUTONS/Ranch Dressing, St. Pat's Cookie
17 Salisbury Steak/Gravy, Whip Red Bliss Pot, Mixed Veg, Apple, Multigrain Bread	18 <div style="border: 1px solid black; padding: 2px; display: inline-block;">NO LUNCH: Byfield Luncheon</div>	19 Soup: Bean & Vegetable Chix Fillet, Whip Chive Pot, Corn, Peach Cup, Italian Bread
24 Apricot Glazed Chix, Rice, Mixed Veg, Pineapple, Wh Wh Dinner Roll	25 Baked Mac/Cheese, Zucchini & Stewed Tomato, Pears, Italian Bread	26 Soup: Chicken Gumbo Beef Burger/Bun, Baked Beans, Corn, Orange
31 Tangerine Chix, Rice, California Blend Veg, Peaches, Snowflake Dinner Roll		

MARCH VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 NO SHINE this month 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	4 No Shopping Van– Brown Bag 10:00 Essential Skills Series 11:30 Lunch 12:30 Strength Training	5 9:00 Yoga 11:30 Lunch NO Visiting Nurse Today. Date changed to 3/10/14 this month only. 3:30 Walking Club	6 9:30 VAN: Walmart/Salem NH 9:30 Men's Breakfast 10:45 Strength Training <u>Tax Preparation by appt. only</u>
10 9:30 Dolls 10:00 Visiting Nurse— Note Date Change for March only 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	11 9:30 VAN: Rowley 10:00 Essential Skills Series 11:30 Lunch 12:30 Strength Training	12 9:00 Yoga 10:00 Elder Law Discussion 11:00 St. Pat's Lunch Party 3:30 Walking Club	13 10:30 VAN: Target & Mann's Orchard/Methuen 10:45 Strength Training <u>Tax Preparation by appt. only</u>
17 9:00 Rep. Mirra/Office Hrs. 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 2:30 COA Friends/Library 3:30 Walking Club	18 9:30 Van: Newburyport 11:30 Byfield Lunch 12:30 Strength Training 12:30 Sen. Tarr/ Office Hrs.	19 9:00 Yoga 11:30 Lunch 3:30 Walking Club	20 10:30 VAN: Seabrook, NH 10:45 Strength Training <u>Tax Preparation by appt. only</u>
24 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	25 9:30 Van: Plaistow, NH 10:00 Essential Skills Series 11:30 Lunch 12:00 COA Board Mtg 12:30 Strength Training	26 9:00 Yoga 11:30 Birthday Lunch 3:30 Walking Club	27 10:30 VAN: Haverhill 10:45 Strength Training <u>Tax Preparation by appt. only</u>
31 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	4/1 No Shopping Van– Brown Bag 11:30 Lunch 12:30 Strength Training	4/2 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch 3:30 Walking Club	4/3 9:30 VAN: Walmart/Salem NH 9:30 Men's Breakfast 10:45 Strength Training <u>Tax Preparation by appt. only</u>

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.