



# A FEW GRAY HAIRS



April is  
National  
Garden  
Month

A Newsletter of the Georgetown Council on Aging

Vol. 14/Iss. 10

April 2013

Email: [cfiorello@georgetownma.gov](mailto:cfiorello@georgetownma.gov)

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

**Director's Notes...** Launched as a national initiative in the 1970s, **April's National Volunteer Week** is an opportunity to recognize the extraordinary work accomplished by millions of Americans through service to communities and the nation. The national observance highlights the impact and power of volunteerism in civic engagement and community building. The history of volunteerism in Georgetown dates back to its earliest days and continues to be a cornerstone in the foundation of the community. Volunteers serve on town boards and committees, provide the town with fire protection, support youth programs and fill the positions in the variety of non-profit organizations that make the town a vibrant and healthy place to live. The Council on Aging (COA) illustrates the important role that volunteers play in the success of community work. This past year, 147 volunteers were actively involved in supporting the COA in providing services to the 1,694 elders who live in our town. During the past year, volunteers were on hand to help serve 1,256 lunches at the meal site. Our SHINE Counselor worked with more than 40 people on health insurance issues while our tax preparer assisted 71 people with income tax preparations. Eight volunteer drivers drove elders to 202 medical appointments and a group of nimble-fingered volunteers collated, folded, labeled and stickered 10,222 newsletters – and all with a smile! Volunteers with the Friends of the COA held a pasta dinner, sponsored a raffle and staffed information tables at community events. Volunteers also served as board members, assisted with programs, gave office support and essential assistance during special events. Working more than 3,000 hours, COA volunteers provided a value of \$62,550 in donated services to the Town. The COA is profoundly grateful for the care and support offered by so many volunteers and thankful for the partnership that you all bring to this work.



## Fire Chief Sends Warning

A recent fire that claimed the life of a Westfield elder has led **Fire Chief Al Beardsley** to remind residents of the **dangers of smoking and home oxygen use**. According to Chief Beardsley, the fatal fire in Westfield occurred as the result of cigarette smoking near a home oxygen system. Chief Beardsley said the state's Fire Marshall's office reminds residents that pure oxygen released from an air tank can attach itself to clothing, hair as well as upholstered furniture. If ignition occurs from a burning cigarette or other heat source, it will produce a fire that burns hotter and quicker than ordinary fires. Including candles, pilot flames from gas stoves and some electrical appliances, ignition sources should be located at least six-feet away from an oxygen source. Information on home oxygen use and fire safety can be found at [www.mass.gov.dfs](http://www.mass.gov.dfs).

## Annual Town Election To Be Combined With Special State Primary Election

Tuesday, April 30, 2013  
7 a.m. - 8 p.m.  
@ Penn Brook School.

The COA is offering limited van service to the polls from 12:00 – 1:00 p.m. Please call us at 978-352-5726.



**Town Meeting** is scheduled for  
Monday, May 6, 7 p.m. at GMHS.



The COA and all activities will be closed  
for Patriot's Day on Monday, April 15.

# April Activities

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

CALL US AT 978-352-5726.



## APRIL VAN SCHEDULE 2013

Shopping Date	Location	Recreation Date	Location
Apr. 2 9:30	NO VAN – Brown Bag Only	Apr. 4 9:30	Super WalMart, Salem, NH
Apr. 9 9:30	Plaistow, NH	Apr. 11 10:30	Haverhill
Apr. 16 9:30	Newburyport	Apr. 18 10:30	Target/Methuen
Apr. 23 9:30	Seabrook, NH	Apr. 25 10:30	Poet's Inn/Haverhill
Apr. 30 9:30	Rowley	May 2 9:30	Super WalMart, Salem, NH

**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!

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

**ESMV CARE MANAGER:** Mon., April 1, 10:00 – 11 a.m. **ESMV Care Manager Sarah Murdock** is available to discuss programs and services available through Elder Services of the Merrimack Valley (ESMV). **APPOINTMENTS MUST BE SCHEDULED THROUGH THE COA OFFICE.** To schedule an appointment, call (978) 352-5726.

**VISITING NURSE:** Wed., April 3, 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. April 4, 9:30 a.m. at Trestle Way.**

Join **Amy Shram**, Community Outreach Specialist at the Better Business Bureau as she presents **Scams and Fraud**. 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. **Upcoming Speaker: Rep. Lenny Mirra on Thurs. May 2.**

**LIFE TRANSITION GROUP:** Tues. April 9 and 30, 10 a.m. First Congregational Church. See page 3 for details.

**ADVANCE DIRECTIVE DAY:** Wed. April 10, 10 a.m. First Congregational Church See page 3 for details.

### **BYFIELD PARISH LUNCHEONS RETURN:**

Tues., April 16, 11:45 a.m. Call the church if you plan to attend. 978-352-2022.

### **APRIL BIRTHDAY PARTY:** Wed. April 17, 11:30

First Congregational Church

Join us as we send best wishes to our friends who were born in April. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 4/10/13 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

### **MAINTAINING A POSITIVE ATTITUDE:**

Thurs. April 18, 1 p.m. Trestle Way Community Room Hosted by the Georgetown TRIAD. See page 3 for details.

### **FRIENDS OF THE COA Meeting:**

Mon. April 22 @ 2:30 at the Peabody Library. (Note time change for April only.) Open to the public. New members welcome.



### **Special Van Trip to Poet's Inn**

**Thursday April 25**

Join us for a van trip to enjoy lunch at the Whittier Regional Technical High School's well-known **Poets' Inn Restaurant**. The Poets' Inn is a full-service restaurant which provides "real-world" experience to the school's Culinary Arts students. **The van will begin to pick people up at 10:30 a.m. Seating is limited.** For van reservations, please call the COA at 978-352-5726.

### **State 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.

**Susan Testaverde**, Bruce Tarr's Chief of Staff: **Thurs. April 11 1-4 p.m.**

**Rep. Lenny Mirra: Mon. April 22 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.

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\***

**Mondays  
& Wednesdays  
3:30-5:30 p.m.**  
at Penn Brook School

NO Walking Club on Wed. April 17 due to school vacation.

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

**Advance Directive Day**



Presented by  
Elder Attorney Margot Birke  
**Wed. April 10, 10 a.m.**  
First Congregational Church

- Everyone should have a health care proxy. The best time to sign one is when you don't need it!
- Find out why this document is so important & what you need to know.
- Create one on the spot if needed.
- **Don't put off learning about this important decision.**

Refreshments provided by Margot Birke of Elder Law Solutions in Newburyport. For further information, please call the COA at (978) 352-5726.

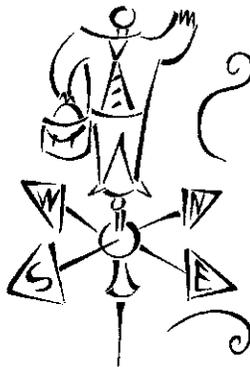
**Life Transition Group**

With Tom McDonough, Ed.D.

**Tues. April 9 & 30 and  
May 14 & 28, 10 a.m.**  
First Congregational Church

Topics will focus on transitions that occur in life, including:

- Depression
- Loneliness
- Bereavement
- Changes in retirement



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

**MAINTAINING A POSITIVE ATTITUDE PROGRAM**

Moe Pratt, Essex County Sheriff's Dept.  
Thursday April 18, 1 p.m.  
Trestle Way Community Room

- Hosted by the Georgetown TRIAD
- The importance of maintaining a positive attitude
- Refreshments will be served.



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

**Upcoming Events:**



**Mother's Day Breakfast Tea**  
**Wed. May 8 at 9:30 a.m.**



**Music Masters Concert**  
**Mon. May 20 at 1:00 p.m.**

**May is Older Americans' Month**

## Free Tax Return Preparation Assistance & Circuit Breaker Tax Credit Information Available

As the deadline to file Federal and state income tax returns approaches this month, some free income tax assistance is still available. The **IRS Volunteer Income Tax Assistance (VITA)** offers assistance to individuals who make \$50,000 or less per year. VITA sites are generally located at community and neighborhood centers such as Community Action. The **Tax Counseling for the Elderly (TCE)** Program also provides free tax help with priority assistance for elders. Local VITA sites can be found by calling 1-800-906-9887. To find information about an AARP Tax Aide site or the TCE Program, call 1-888-227-7669. The deadline to file taxes is also the opportunity to file for the **Massachusetts Circuit Breaker Tax Credit**. The Circuit Breaker Tax Credit is a state income tax credit for some Massachusetts residents age 65 years or older who paid rent or real estate taxes during the tax year. The tax credit is funded by the state government and is designed for senior homeowners and renters who meet income limits and 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 and sewer charges. Renters can count 25 percent of their rent as real estate tax payments. For more information on tax preparation along with the Massachusetts Circuit Breaker Tax Credit, call the COA at 978-352-5726.



## Friends of the COA Holds Raffle

The Friends of the Council on Aging will raffle a **gift basket** filled with **tea-related items** during the combined State Primary Election and local Annual Election that is planned for

**Tuesday April 30** at the Penn Brook School. The gift basket includes a teapot, cake plate and server, 2 English bone china cups and saucers, tea crackers, Nantucket wild grape jelly, Trappist ginger preserves, two varieties of tea, Keebler fudge sticks, four embroidered napkins and place mats, plus a beautiful big woven basket. The cake plate was made specifically for Macy's. The basket also includes four books: *Maps of True Places* by Brunonia Barry; *Until the End of Time* by Danielle Steele; *Change of Heart* by Jodi Picoult; and *Redfield Farm* by Judith Coopey.

**Raffle tickets are \$1 or 6 tickets for \$5** and may be purchased from the Friends group during the election or by calling Beverly Knapp at 978-352-8526.

## Caregiver Stress Daily Checklist

The work of a caregiver can sometimes be overwhelming. To maintain your own health, it is important to find time for self-care. The Alzheimer's Association offers the following Caregiver Stress Daily Checklist. Ask yourself: **"How many of these signs have I had today?"**

- Denial
- Anger
- Social withdrawal
- Anxiety
- Depression
- Exhaustion
- Sleeplessness
- Irritability
- Lack of concentration
- Health Problems

If stress is a concern, call your health care provider and contact the Alzheimer's Association for information and support at 1-800-272-3900 (24 hours per day/seven days per week) or visit [alz.org/MANH](http://alz.org/MANH).



Georgetown elders enjoyed a Valentine lunch provided by students at Whittier Regional Voc. Tech. H. S. Not only did the students serve the guests, but there was a lot of intergenerational interaction going on. We look forward to the **van trip to Whittier's Poets' Inn for lunch on Thurs. April 25**. Make your reservations soon as seating is limited!

# 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 April 23, 2013**

**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, Dianne Prescott,

Corona Magner, Cynthia Tardif

Nancy Thompson

**Town of Georgetown:**

Michael Farrell, Town Administrator

David Surface, Board of Selectmen

Gary Fowler, Board of Selectmen

Philip Trapani, Board of Selectmen

Stephen Smith, Board of Selectmen

Stuart Egenberg, 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.

## April 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>1 High Sodium Meal</b> LS Hot Dog, NE Baked Beans, Coleslaw	<b>2 Pineapple Ginger Chix, White Rice, California Blend Veggies</b>	<b>3 Soup: Chicken Gumbo</b> Stuffed Shells/Marinara, Green & Gold Beans
<b>8 Chix Breast Fillet/Gravy, Whip Chive Pot, Italian Blend Veggies</b>	<b>9 Baked Mac &amp; Cheese, Zucchini &amp; Stewed Tomatoes</b>	<b>10 Soup: Cream of Broccoli</b> Chix Teriyaki, White Rice, Green Beans Almondine
<b>15</b> <b>NO LUNCH: Patriot's Day</b>	<b>16</b> <b>Byfield Parish Luncheon</b>	<b>17 Soup: Italian Wedding</b> Broccoli/Egg/Cheese Bake, Green Beans & Tomatoes
<b>22 Chicken a la King, Whip Pot, Peas &amp; Carrots</b>	<b>23 Swedish Meatballs, Whip Pot, Corn</b>	<b>24 Soup: Chicken Vegetable</b> American Chop Suey, Broccoli & Cauliflower
<b>29 Hamburger/Roll, Pot Wedges, Coleslaw</b>	<b>30 Apple Juice, Chix/Broccoli/Ziti</b>	<b>May 1 Soup: To be announced</b> Salisbury Steak/Gravy, Whip Pot, Scandinavian Blend Veg

## APRIL VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>1 NO SHINE this month</b> 9:30 Dolls 10:00 ESMV appts 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	<b>2 No Van-Brown Bag</b> 11:30 Lunch 12:30 Strength Training	<b>3 9:00 Yoga</b> 10:00 Visiting Nurse 11:30 Lunch 3:30 Walking Club	<b>4</b> 9:30 VAN: Walmart/Salem NH 9:30 Men's Breakfast 10:45 Strength Training  <u>Tax Preparations by appt. only</u>
<b>8 9:30 Dolls</b> 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	<b>9 9:30 VAN: Plaistow, NH</b> 10:00 Life Transition Group 11:30 Lunch 12:30 Strength Training	<b>10</b> 9:00 Yoga 10:00 Advance Directives 11:30 Lunch 3:30 Walking Club	<b>11 10:30 VAN: Haverhill</b> 10:45 Strength Training 1-4 Susan Testaverde/Office Hours  <u>Tax Preparations by appt. only</u>
<b>15</b> <b>CLOSED: Patriots' Day</b>	<b>16 9:30 Van: Newburyport</b> 11:45 Byfield Parish Lunch 12:30 Strength Training	<b>17 9:00 Yoga</b> 11:30 Birthday Lunch <b>NO WALKING CLUB</b>	<b>18</b> 10:30 VAN: Target/Methuen 10:45 Strength Training 1:00 TRIAD/Trestle Way
<b>22 9:00 Rep. Mirra/Office hrs</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club <b>2:30 COA Friends/Library</b>	<b>23 9:30 Van: Seabrook, NH</b> 11:30 Lunch 12:00 COA Board Mtg 12:30 Strength Training	<b>24</b> 9:00 Yoga 11:30 Lunch 3:30 Walking Club	<b>25 10:30 VAN: Poets' Inn</b> 10:45 Strength Training
<b>29 9:30 Dolls</b> 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	<b>30 ELECTION DAY</b> 9:30 Van: Rowley 10:00 Life Transition Group 11:30 Lunch 12-1 Limited Van to Polls 12:30 Strength Training	<b>May 1</b> 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch 3:30 Walking Club	<b>May 2</b> 9:30 VAN: Walmart/Salem NH 9:30 Men's Breakfast 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.