



A FEW GRAY HAIRS



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

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June 2009

Website: www.georgetownma.gov

Director's Notes... Turning over the garden each spring, I always enjoy the opportunity to savor the treasures that rise to the surface each new year. Sometimes I find pieces of pottery or hand-forged nails that date back to the early days of our antique home. Once, much to the delight of my young daughters, I uncovered a favorite Fisher Price person that had been long missing from our playroom. But I am especially fond of the plants that unexpectedly return to my vegetable patch. Aptly named volunteers by my gardening friends, these are the plants that arrive unbidden each year, flourishing in compost rich soil and often producing the best fruit. In Georgetown, it is our volunteers who help us to flourish as a community. Each day, volunteers engage with us in supporting the COA in its mission to provide programs and services that enhance and improve the lives of local elders. Driving elders to medical appointments, assisting with programs, producing newsletters, leading groups and helping the staff with office tasks, volunteers touch the lives of others in a real and tangible way. Last year, 147 volunteers gave 2,513 hours of service, a value of \$38,675, to directly support elders in our town. On a daily basis, you arrive unbidden and you help the rest of us to flourish. We are grateful and appreciate your work. Thanks to your efforts, our garden is rich with strong and well-rooted plants and bountiful fruit that we can share with others.



RESILIENCE: THE KEY TO MANAGING STRESS

These days, it often seems that the media only brings us difficult news. Hearing about job losses, mortgage and foreclosure issues and a steady rise in the cost of living often causes us to feel stress, worry and anxiety. However, developing resilience through learning and changes in behavior and actions helps us to gain the skills that we need to cope with adversity and uncertain times. To manage stress in positive ways and implement strategies to gain resilience, the American Psychological Association (APA) offers the following tips:

- Accept that change is part of life: goals and lifestyle changes may be necessary in tough economic times
- Make connections: good relationships with family and friends are vital for wellbeing. Where can you always find a friend? The COA! Join us for a class or program or just drop by the office for a visit.
- Keep things in perspective: This too will pass!
- Look for the opportunities: Change always brings an opportunity for growth.
- Be mindful of the good things in life: Count your blessings. Say thank you. Let the people in your life know what they mean to you. Keep a gratitude journal.
- Maintain a hopeful outlook: We can't change what has happened but only how we can change how we respond. Look to the future and set both short term and long term goals.
- Talk to a psychologist: If stress is overwhelming and frightening, finding a safe other (a therapist, social worker, or clergy person) to talk with can help you manage stress.

June Activities

ACTIVITIES ARE HELD AT THE SENIOR CENTER LOCATED AT THE FIRST CONGREGATIONAL CHURCH

UNLESS OTHERWISE NOTED. CALL US AT 978-352-5726

JUNE VAN SCHEDULE 2009

Shopping Date	Location	Recreation Date	Location
June 2 nd	Brown Bag Only – NO VAN	June 4 th 9:30AM	SuperWalmart/Salem, NH
June 9 th 9:30 AM	Rowley	June 11 th 10:30AM	Plaistow, NH
June 16 th 9:30 AM	Riverside/Haverhill, MA	June 18 th 10:30AM	Starboard Galley & The Tannery/Nbpt
June 23 rd 9:30 AM	Newburyport	June 25 th 10:30AM	Skip's (lunch), Hodgies Ice Cream & Tom's Discount
June 30 th 9:30 AM	Seabrook, NH	July 2 nd 9:30 AM	SuperWalmart/Salem, NH

ESMV CASE MANAGER: ESMV Case Manager **Jennifer Cook** will hold office hours at the COA Office on **Mon. June 1st at 10:00 a.m.** She will be available to meet with local elders to discuss programs and services available through Elder Services of the Merrimack Valley (ESMV).

SHINE Office Hours: Do you have health insurance questions? **SHINE Counselor Jerry Goldberg** will be here on **Mon., June 1st from 9:00 a.m. to 11:30 a.m.** If you cannot come to the scheduled hours, contact the COA and we will contact our SHINE counselor for you. Call (978) 352-5726.

VISITING NURSE: **Wed., June 3rd, 10:00 – 11:00 a.m.** Public Health Nurse **Judy Anderson** will be available to take blood pressure, check blood glucose levels & discuss any medical concerns seniors June have. A visiting nurse is also available for Trestle Way residents in their Community Building from 1:00-3:00 p.m.



MEN'S BREAKFAST Town Planner **Nick Cracknell** will be the guest speaker at **Men's Breakfast on Thursday, June 4th, 9:30 a.m. at Trestle Way.** To make reservations, please call the COA at (978) 352-5726. Next breakfast: **August 6th, 2009.** Thanks to Crosby's Market & the Georgetown Housing Authority for supporting our monthly program.

DRIVING SAFETY FOR ALL AGES: **Michele Ellicks**, Community Outreach Coordinator for the Mass. RMV will present safe driving tips & strategies designed to improve driving skills for all ages and information related to RMV programs including Disability Placards. Join us on **Wednesday June 10, 10 a.m.** Contact the COA at 978-352-5726 if you plan to attend.

"WHERE YA BEEN AMELIA?": Join us on **Monday, June 15, 2 p.m.** at **Trestle Way** for an entertaining, **1940s radio-style** play -- including commercials-- performed by **Delvena Theatre Co.** of Lynn, MA. The play includes **3 different scenarios** about where **Amelia Earhart** could have been following her mysterious disappearance. Light refreshments will be served. Please contact the COA if you plan to attend. (978) 352-5726.

BYFIELD PARISH LUNCHEON: **Byfield Parish Church** invites seniors to enjoy lunch and entertainment on Tuesday, **June 16th at 11:45 a.m.** Contact Minda at 978-352-2022 for reservations.

FATHER'S DAY CELEBRATION: Join us for a **Father's Day Coffee and Discussion, Wed. June 17, 10 a.m.** **Bring stories, photos or memorabilia.** Everyone is welcome. (Ladies have dads and husbands who are dads, too!) Round-out the morning and stay for the Birthday lunch at 11:30 a.m. (\$2.00 - reservations required). Contact the COA at (978) 352-5726 if you plan to attend.

JUNE BIRTHDAY PARTY: Join us on **Wed., June 17th at 11:30 a.m.** for the celebration! Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 6/10/09 to assist with planning.**

WRITING WORKSHOP: Fireworks. Picnics. County Fairs. What does the Fourth of July mean to you? Join us for a writing workshop on **Tues., June 23 at 10 a.m.** To assist with planning, please call the COA office at (978) 352-5726.

ELDER LAW FORUM: **Elder Law Atty. Margot Birke** will present an overview of legal issues that often face elders, **Wednesday June 30, 10 a.m.** We welcome questions in advance to ensure the program covers issues that are important to you. To assist in planning for the program, please call the COA office at (978) 352-5726.

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	Walking Club will be on summer hiatus beginning June 23 rd & resuming with the return of 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	11:00 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: Bill Kittredge (978) 352-4968	
2	29	45	50	72

All Seniors Are Invited!

John Root
will perform songs from the
Gas Light Era

Wednesday June 10th
1 P.M.
Perley School

RMV Rep to Speak 



This program is supported in part by a grant from the Georgetown Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

Michele Ellicks
Community Outreach Coordinator
for the Mass. RMV

will speak on
Wednesday, June 10 at 10 a.m.
At the First Congregational Church

Come and learn about:

- ~ Safe driving tips and strategies designed to improve driving skills for all ages
- ~ Information related to RMV programs including Disability Placards

Light refreshments will be served.

Contact the COA if you plan to attend.
(978) 352-5726

Atty. Margo Birke
To Answer **YOUR** Questions on

“Elder Law”



Tuesday, June 30th
10 a.m.

First Congregational Church

Do you have questions about:

- Estate Planning,
- Wills,
- Trusts, or
- Elder Legal Issues?

Join us and find out the answers.

Please submit questions in advance to the COA so that we can plan the program to fit your needs. To attend, please call the COA.

Light refreshments will be served.

Beware of "Grandparent Scams"

Authorities are warning of new scams targeted at the elderly. The latest attempt to defraud seniors is a phone call from someone pretending to be a grandchild who is in trouble. Callers have been reported as saying "Don't tell anyone, but I need help. Send money." The plea to keep things quiet from other family members can make the scam successful, since the grandparent wants to protect their grandchild and help them out of a bind. They may request that you wire money somewhere because they have been arrested, been in an accident or are traveling and have been robbed.

Watch for the red flags:

- Callers requesting money
- Callers claiming to be out of the country
- Callers insisting you don't tell anyone else
- Callers with unfamiliar voices
- Callers who are vague and get personal details wrong
- Callers who just say "It's me" or "It's your favorite grandchild" and don't give their name.

If you receive a call like this:

- Don't fill in the missing information. If they say "It's me" ask "Who?"
- Tell the person that you will call them back. If you don't have a grandchild's number, call a trusted family member for the information.
- Never give account numbers over the phone.
- Be very suspicious of calls requesting money to be wired somewhere.

Always ask for verification of the identity of the caller. If it is really your relative they won't mind. And if it's not, you can get off the call quickly and alert the police.

If you think you or your loved one may have been a victim:

- Contact your local police non-emergency number to report the scam.
- Contact your bank if you wired any money.
- Don't be embarrassed to tell a family member about what happened.

It's natural to want to help out a family member, but a real family member won't mind that you are trying to keep yourself safe, and the fake one will be out of luck.

"They should put expiration dates on clothes



so [that] men will know when they go out of style!" –Garry Shandling

Health Care Proxy

As an important tool in planning an individual's future legal and health needs, a **health care proxy** allows you to appoint another individual as the person to make health care decisions if you are unable to make or communicate those decisions yourself. The person that you name as your agent, or proxy, can be a friend or a family member. It is important that the person that you name should be someone that you trust and who understands your wishes but is also capable of following through with those wishes. A second person can also be named as an alternate agent. A health care proxy only becomes effective when you need medical care but are unable to communicate your wishes regarding medical treatment. The health care proxy is no longer in effect once you are able to communicate your wishes again. Along with your agent, copies of your health care proxy should be given to each of your doctors and kept with your medical records. For more information or copies of the Massachusetts Health Care Proxy Fact Sheets and Health Care Proxy forms, please call the COA office at (978) 352-5726.

"Where 'Ya Been, Amelia?"

Performed by **Delvena Theatre Co.** of Lynn, MA.



Mon. June 15

2 p.m.

At Trestle Way.



This is an entertaining, **1940s radio-style** play -- including commercials -- involving **3 different scenarios** about where **Amelia Earhart** could have been following her mysterious disappearance.

Light refreshments will be served.

Please contact the COA if you plan to attend. (978) 352-5726



This program is supported in part by a grant from the Georgetown Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



Free Music on Tuesday Evenings

Join Charlie Locke & The Over The Hill Band

Tuesdays at 6:30 P.M at Trestle Way

For a couple of hours & light refreshments.

(The Gang will be performing at NECC on July 16th @ 2 p.m. See July's Van Schedule next month.)

Council on Aging Services

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

VISITING NURSE

On the first Wednesday of each month, from 10:00AM – 11:30 AM, Judy Anderson, RN is available at the Senior Center to perform Blood Pressure checks, shots, etc. Trestle Way residents may also visit with the nurse in the Community Building on the first Wednesday of each month, 1:00 PM-3:00PM.

TRANSPORTATION: SHOPPING

The Van is available 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: NORTHERN ESSEX ELDER TRANSPORTATION PROGRAM

This program provides rides for senior citizens 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 would ever be 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.

Meals on Wheels Available to eligible seniors.

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.

Ring & Ride Ring & Ride is a free bus service to Georgetown residents. It requires 24 hour notice for reservations made through MVRTA (978-469-6878, option #3). The bus can be used for any purpose to a limited service area (Georgetown, Haverhill, Groveland, area hospitals & trains). For a brochure contact the COA.

S.H.I.N.E. Serving Health Information Needs of Elders will help you understand your health insurance concerns. Call COA to set up an appointment with their representative.

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.

HANDICAP PLACARDS

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

HEALTH CARE PROXIES

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

THE FILE

Handy folder which serves as a summary record of Financial Information, Investments and Insurance, Legal Documents and Estate Management information.

FOOD RESOURCES

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

Updated 5-6-09

**Georgetown Council on
Aging
Memorial Town Hall
1 Library Street**

Presort Standard
U. S. Postage
PAID
PERMIT #39
Haverhill, MA

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

“A Few Gray Hairs” Newsletter is made possible by a grant from the Executive Office of Elder Affairs.

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

**Office Hours:
Monday – Thurs. 9 am – 1 pm**

**Georgetown Senior Center
@ 1st Congregational Church
Andover St. ~ Georgetown, MA
(978) 352-8443**

**Open:
Monday – Wed. 9 am – 1 pm**

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 June 23, 2009**

Georgetown Council on Aging:
Director: Colleen Ranshaw-Fiorello
Office: Julie Pasquale, Newsletter
Alice Girrior, Senior Aide
Dave Hall, Van Driver
Jeannine DesJardins, Volunteer
Mealsite Coordinator: Ginny Ryder
Board Members:
Barbara Morehouse, Chairman
Corona Magner, Vice Chairman
Diane Prescott, Treasurer
Barbara Miller, Secretary/Clerk
Marian Jordan - Chandler Noyes
Claire Maimone-Rosemary Morse-Ginny Ryder
Alternates: Cynthia Tardif-Esther Palardy-Joe Young

Town of Georgetown:
Stephen Delaney, Town Administrator
Philip Trapani, Board of Selectmen
Evan O'Reilly, Board of Selectmen
David Surface, Board of Selectmen
Steve Smith, Board of Selectmen
Gary Fowler, 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.

June Lunch 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>
1 Herb Bkd Chix Breast/Gravy, Rice Pilaf, Chuckwagon Corn, Apple, Wh Wh Bread	2 Apple Juice, Stuffed Peppers/Sauce, Cauliflower/Red Peppers, Pineapple, Light Rye Bread	3 Chicken Salad/lettuce/Tomatoes, Potato Salad, Tapioca Pudding, Pita Bread
8 Cranberry Juice, Breaded Fish Strips, "Dirty" Rice, Mixed Veggies., Chilled Peaches, Oatmeal Bread	9 Sweet & Sour Meatballs, Rice Florentine, Succotash, Mandarin Oranges, Wh Wh Bread	10 Egg/Cheese/Broccoli Bake, LF Muffin, Stewed Tomatoes/Zucchini, Vanilla Pudding
15 Salisbury Steak/Gravy, Boiled Pot, Carrot Coins, Fruit Yogurt, LF Muffin	16 Byfield Parish Lunch	17 Stuffed Cabbage/Sauce, Mixed Veggies., Tossed Salad/Drsg, Apple, Oatmeal Bread
22 LS Hot Dog/Roll, Baked Beans, Coleslaw, LS Chips, Chilled Pineapple	23 Tuna Salad/Lettuce, Carrot/Raisin Salad, Potato Salad, Chocolate Pudding, Dark Rye Bread	24 Apricot Glazed Chix, Mashed Pot, Peas/Pearl Onions, Butter Cookie, Oatmeal Bread
29 Roast Chix Brst/Gravy, Garlic Mash Pot, Glazed Carrots, Chilled Pears, Wh Wh Roll	30 Grape Juice, Stuffed Shells/Sauce, Dk Rye Bread, Green & Gold Veggies, Orange	July 1 Potato Crunch Fish, Red Bliss Whip Pot, Broccoli, Rice Pudding, Oatmeal Bread

JUNE VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 9:00 SHINE 9:30 Dolls 10:00 Jen Cook, ESMV 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30-6 Walking (Penn Brook)	2 VAN: Brown Bag Only 11:30 Lunch 12:30 Strength Training	3 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch 3:30-6 Walking (Penn Brook)	4 9:30 VAN: Walmart/Salem NH 9:30 Men's Breakfast 11:00 Strength Training
8 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30-6 Walking (Penn Brook)	9 9:30 VAN: Rowley 11:30 Lunch 12:30 Strength Training	10 9:00 Yoga 10:00 RMV Driving Program 11:30 Lunch 3:30-6 Walking (Penn Brook)	11 10:30 VAN: Plaistow, NH 11:00 Strength Training
15 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 2:00 "Amelia" @ Tr. Way 3:30-6 Walking (Penn Brook)	16 9:30 VAN: Riverside/Haverhill <u>11:45 Byfield Parish Lunch</u> 12:30 Strength Training	17 9:00 Yoga 10:00 Father's Day Coffee 11:30 Birthday Lunch 3:30-6 Walking (Penn Brook)	18 10:30 VAN: Starboard Galley & Tannery/Newburyport 11:00 Strength Training
22 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30-6 Walking (Penn Book) *Last Day*	23 9:30 VAN: Newburyport 10:00 Writing Group 11:30 Lunch 12:00 Board Meeting 12:30 Strength Training	24 9:00 Yoga 11:30 Lunch	25 10:30 VAN: Skip's/Hodgies/Tom's 11:00 Strength Training
29 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	30 9:30 VAN: Seabrook, NH 10:00 Elder Law Topics 11:30 Lunch 12:30 Strength Training	July 1 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch	July 2 NO MEN'S BREAKFAST 9:30 VAN: Walmart/Salem NH 11:00 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.