



# A FEW GRAY HAIRS



Flag Day  
June 14

A Newsletter of the Georgetown Council on Aging

Vol. 17/Iss. 12

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**Director's Notes...** My father had a wonderful sense of direction. After a first visit to any destination, he was able to find that particular place again without any trouble, providing details about the directions that others would not be able to recall or follow! He enjoyed a good map and kept an extensive collection in neatly piled stacks on his desk for easy reference. I still have a highlighted map of New York, showing the route that we drove home to Ontario. As an engineer, I think that he was able to visualize how roads were planned and connected across towns there was a wrong turn but he could route again. During our move from road in New York and turned onto a before realizing the unplowed lane covered farm land! He looked for roads with the best views. Perhaps it navigate a route or perhaps it was that it might present, but my father road will always come out somewhere," he told me more than once as we cut across back roads, saying goodbye to comfortable city limits and heading off into the unknown. I have often thought about that comment as we navigate the passages of life and time. We don't always know where the road will take us, but it will take us somewhere! And most of the fun will be in the journey! As we celebrate our families with Mother's Day and Father's Day this spring, we honor the people we are fortunate to have in our lives who generously provided us with so many important lessons along the way. We are never alone as we navigate the new roads in our life!



## Georgetown Senior Community Center Project Update

Following the unanimous approval by voters at the May 2 Special Town Meeting and the Annual Town Meeting, all of the funding necessary to complete the construction work at the new Georgetown Senior Community Center is now in place. At the Special Town Meeting, voters approved \$50,000 from the Town's Stabilization Account and then approved \$125,000 in Community Preservation Funds at the Annual Town Meeting. Along with the \$175,000 approved at the Special Town Meeting in November, the Town has now approved the \$350,000 needed to repurpose the five classrooms at the Perley School that will soon become the Georgetown Senior Community Center. This spring, carpentry students from the Whittier Regional Vocational Technical High School began demolition and steel framing in two of the five classrooms. They will soon return to continue the carpentry work that will be coordinated by general contractor Ambient Temperature Corp. of Newburyport. The project is expected to be complete this fall. The new Senior Center will include space for administrative offices, reception, large and small group activities as well as confidential meeting areas. The COA will share use of the cafeteria, kitchen & gymnasium with the Georgetown School Department. With space for all of the COA's 30 programs & services, the new Senior Center will provide an opportunity for an expansion of programs, activities and services. With much excitement for the opportunities that the new center will provide the community, the COA is deeply grateful for all of the support expressed for the project by the voters and the Town!





# June Activities

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



CALL US AT 978-352-5726.



## JUNE VAN SCHEDULE 2016

Shopping Date	Location	Recreation Date	Location
June 7	NO VAN – Brown Bag Only	June 2 9:30	Super Walmart/Salem, NH
June 14 9:30	Riverside Plaza/Haverhill	June 9 9:30	Parker River Reserve/Plum Island
June 21 9:30	Newburyport	June 16 10:30	Plaistow, NH
June 28 9:30	Seabrook, NH	June 23 10:30	Mann's Orchard/Target/Methuen
		Jun 30 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. June 6, 9-11 a.m.  
Town Hall, 2<sup>nd</sup> Floor

**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:** Tues. June 7, 9:30-10:30 a.m.  
First Congregational Church **NOTE:** Day change for June only. Public Health Nurse Pam Lara provides blood pressure checks, heart assessments, & medication information & discusses 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 - 2 p.m.

**MEN'S BREAKFAST:** Thurs. June 2, 9:30 a.m.  
Trestle Way  
**Celebrate Fathers' Day with a special treat. Our speaker will be Dave Schofield, Georgetown Light Dept.** With great appreciation, the COA thanks Crosby's Markets for their sponsorship & the Georgetown Housing Authority for their partnership in offering the monthly program. **To make reservations, call 978-352-5726. There will be no Men's Breakfast in July. Next breakfast: Thurs. August 4.**

### 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.

**Rep. Lenny Mirra:** Sen. Bruce Tarr:  
**For Date/Time** Tues. 6/14  
**Call: (617) 722-2130** 10:30-11:30 a.m.  
**Leonard.Mirra@MAhouse.gov** **Bruce.Tarr@masenate.gov**

**COLORING: FUN & RELAXATION:** Tues. June 7, 10 a.m.  
First Congregational Church Details pg. 3

**PLUM ISLAND VAN TRIP:** Thurs. June 9 9:30 a.m.  
Details pg. 3


**HOME FIRE SAFETY PROGRAM:** Tues. June 14, 10 a.m.  
First Congregational Church Details pg. 3

**BYFIELD PARISH LUNCHEON:**  
Tues. June 17, 11:45 a.m. Contact the church for more info or to make reservations. 978-352-2022

 **JUNE BIRTHDAY CELEBRATION:**  
Tues. June 29, 11:30 a.m. First Congregational Church  
Help us send best wishes to our friends who were born in June. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 6/22/16 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

**FRIENDS OF THE GEORGETOWN COA** will meet on Tues. June 21 at 1:30 p.m. at Georgetown Peabody Library.

**Free Legal Help** offered by Atty. Elaine Dalton

Tues. June 28, 10 a.m. at First Congregational Church  
Assistance available for: \*Health Care Proxies, \*Durable Power of Attorney, \*elder law issues  
\*15 min. appts. available by calling COA at 978-352-5726 



## Health & Wellness Classes

Yoga classes are held at First Congregational Church.

Strength Training Classes are held at Trestle Way.

Newcomers & beginners welcome.

There is a **SUGGESTED DONATION** of \$3.00 per class.

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



## Walking Club

**Meets Mondays & Wednesdays**

**3:30-5:00 p.m.**

**At Penn Brook School.**

**Participants must pre-register with the COA.**

**978-352-5726**

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

**Please note:** When attending any class or program scheduled at Trestle Way, please be mindful to park in non-resident parking only.

Walking Club will be going on summer hiatus. The last opportunity to walk will be **Wednesday, June 8.**



## Home Fire Safety Program

**Tues. June 14 10 a.m.**

First Congregational Church

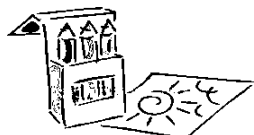


Fire Chief Fred Mitchell, Jr. and members of the Georgetown Fire Department will present a program on home fire safety.

### **Topics will focus on:**

- ◆ smoke detectors,
- ◆ kitchen safety,
- ◆ storage of materials,
- ◆ fall/slip hazards, and
- ◆ escape plans

To assist with planning, please call the COA at 978-352-5726.



## Coloring for Fun & Relaxation

**Tues. June 7 10 a.m.**

First Congregational Church

- **Join us for a cup of coffee** and a morning of creative expression through coloring.
- **All materials** are provided.
- **Class size is limited.** This group was very popular the first time it was offered so early sign-up is suggested.

To help with planning, please call the COA @ (978) 352-5726.



## Special Van Trip to Parker River Nat'l Wildlife Refuge

**Tour Guide: Alix McArdle**

**Thursday June 9**

Get a glimpse of Plum Island that few people get to see.

### **Start with a stop at the Visitors Center:**

- ◆ view interactive displays and a
- ◆ short video of the refuge

### **A Behind-the-Scenes guided tour features:**

- ◆ Dramatic views from the manmade dike on Plum Island Sound,
- ◆ Stops to view significant aspects of the refuge
- ◆ A visit to Parking Lot 7,
- ◆ Emerson's Rocks, which features an accessible boardwalk and platform with viewing scope and benches.

**The van will begin to pick people up at 9:30 a.m.** Seating is limited. For van reservations, please call the COA at 978-352-5726.



## **FTC warns about Tech Support Scams**

Unfortunately, scam artists continue to develop new schemes to defraud and victimize people almost on a daily basis. Recently, the Federal Trade Commission (FTC) warned the public about tech support scams. According to the FTC, tech support scams include search engines and pop-up ads that appear to be generated by well-known companies. Instead, the ads direct people to telemarketing centers and other scammers. In the scam, representatives of the fraudulent company gain access to the individual's computer in order to identify and resolve issues. The scammers convince people that their computer has a virus, spyware or malware and that they will fix the problem for a cost. As a result, computers are often damaged and personal information has been compromised. If you see a pop-up, an ad, or get a call for tech support services, the FTC suggests the following tips:

- Don't give access to your computer to anyone who contacts you.
- Never provide your credit card, financial information or passwords to anyone who calls asking for them.
- Hang up on anyone who pressures you to pay for a computer security product or service. If you have concerns about your computer's security, call a reputable computer security company using a number you know to be reliable.

To learn more about on-going scams, visit

**<https://www.consumer.ftc.gov/scam-alerts>**

## **Local Caregiver Support Groups:**

### **Avita of Newburyport**

- 4 Wallace Bashaw Jr. Way, Newburyport
- Meets the 2<sup>nd</sup> Tuesday of each month
- 6 – 7:30 p.m.
- For info call: 978-225-7000 or email [reception@avitaofnewburyport.com](mailto:reception@avitaofnewburyport.com)



### **Holy Family @ Merrimack Valley Hospital**

- 1<sup>st</sup> Floor Atrium ~ 140 Lincoln Avenue, Haverhill
- Meets 3<sup>rd</sup> Wednesday of each month
- 7 – 8:30 p.m.
- Facilitated by Patricia Lavoie, LICSW
- For info call Pat at 978-420-1162 or email [patricia.lavoie@steward.org](mailto:patricia.lavoie@steward.org)

## **Older Americans Month Thank You**

Last month's celebration of Older Americans Month provided the Georgetown Council on Aging (COA) with an opportunity to acknowledge the many meaningful contributions that elders make to our communities and nation. As veteran musical trail blazers, the nation-wide theme of "Blaze a Trail" was wonderfully reflected in the May 16 performance provided by the Music Masters. The COA is grateful for the support of the Georgetown Cultural Council, the talents of the Music Masters and the many volunteers who continue to Blaze a Trail across the community in support of the COA's programs and activities. You are the cornerstone of our work within the community. Your kindness and compassion blazes a bright and beautiful trail for the rest of us to follow!

## **Helping our Veterans**

Based on income & assets, Chapter 115 of Mass. General Laws allows qualifying veterans and their dependents to receive necessary financial assistance for food, shelter, clothing, fuel and medical care. Eligible dependents of deceased veterans are provided with the same benefits as if the veteran were still living. Applications are available from your local Veterans' Service Officer (VSO). Georgetown residents should contact VSO Karen Tyler, 25 Green Street, Ipswich, MA 01938; (978) 356-3915 or email at [www.eessexvets.com](http://www.eessexvets.com).

## **Coming in July:**

**YOGA CLASSES** will meet on Mondays, 10:30 a.m. and Wednesdays, 10 a.m. at the First Congregational Church

**July 19: 10 a.m. Over The Hill Band prelude to 11:30 a.m. Annual BBQ**

**July 27: 11:30 a.m. Birthday Lunch & Ice Cream Sundae Bar**



*It was June, and the world smelled of roses.  
The sunshine was like powdered gold  
over the grassy hillside.*

*~Maud Hart Lovelace, Betsy-Tacy and Tib, 1941*



# **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. Monthly Van Schedules are printed in the Newsletter. 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 **ONE WEEK** in advance by calling the COA office at (978) 352-5726. If the office is closed, please leave a message (and remember that the COA is 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, but no one is turned down due to inability to pay. Please remember: Reservations must be made through the COA office. Clients should not call the drivers directly.

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

Ring & Ride is a free shared van service available to Georgetown residents. It requires 24 hour notice w/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. MVRTA also provides Medi-Ride to Boston area hospitals. For brochures, contact the COA.

## **HANDICAP PLACARDS**

The COA has applications for **HANDICAP placards** 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 COA Meal Site offers nutritious lunches Monday-Wednesday at 11:30 a.m. Please make reservations by the previous Wed. by calling the COA or in person at the COA Meal Site.

## **FOOD AND HEAT RESOURCES**

For information & assistance w/state & local resources, contact the COA office at (978) 352-5726.

## **Visiting Nurse**

On the first Wednesday of each month, from 9:30 - 10:30 AM, Pam Lara, RN is available at the COA Meal Site to perform Blood Pressure checks, etc. Trestle Way residents June 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.**

**S**erving **H**ealth **I**nformation **N**eeds of **E**veryone will help you understand your health insurance concerns. Appointments can be scheduled with SHINE counselor Jerry Goldberg at Town Hall 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 2/8/16



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

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**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**

**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 June 28, 2016**

**Georgetown Council on Aging:**

**Director:** Colleen Ranshaw-Fiorello

**Office:** Julie Pasquale, Newsletter

Kirsten Klueber, Outreach

Dave Hall, Van Driver

Jeannine DesJardins, Volunteer

**Meal Site Coordinator:** Mickie Locke

**Board Members:**

Jeannine DesJardins, Chair

Claire Maimone, Vice Chair

Jean Perley, Secretary/Clerk

Corona Magner, Esther Palardy, Diane

Prescott, Nancy Thompson, Caroline

Sheehan, Ann Stewart,

Sue Clay & Janice Downey Alternates.

**Town of Georgetown:**

Michael Farrell, Town Administrator

Douglas Dawes, Board of Selectmen

Gary Fowler, Board of Selectmen

David Surface, Board of Selectmen

Steven Sadler, Board of Selectmen

Joe Bonavita, 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.



## **June Menu - Lunch reservations must be made by the previous Wednesday. Call (978) 352-5726.**

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

Congregate meals are 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</b> Hamburger Au Jus/WW Bun, Pot Wedges, Corn/Red Peppers, Fruit
<b>6</b> Turkey Divan, Herbed Rice, Carrots, Yogurt, WW Bread	<b>7</b> Baked Ham, Pot Au Gratin, Green Beans, Natural Grain Bread, Pineapple	<b>8</b> Chix Drumstix, Roast Sweet Pot, Beets, Biscuit, Mixed Fruit
<b>13</b> Baked Chix/Mushroom Gravy, Butternut Squash, Steamed Red Pot, Oat Bread, Dessert	<b>14</b> Tuna Salad, Pot Chips, Tomato/Cucumber Salad, Sandwich Bread, Pears	<b>15</b> Sliced Roast Beef/Tomato Sauce, Mashed Pot, Herbed Peas, Roll, Chocolate Mousse
<b>20</b> BBQ Pork Patty/Bun, Sweet Pot Wedges, Corn, Mandarin Oranges	<b>21</b> <b>Byfield Parish Luncheon</b>	<b>22</b> Cheese Lasagna/Marinara Sauce, Steamed Spinach, Italian Bread, Pudding
<b>27</b> Pasta/Meatballs/Marinara Sauce, Broccoli, WW Dinner Roll, Fruit Crunch Bar	<b>28</b> Sliced Pork/Gravy, Roast Pot, Veg, Oatmeal Bread, Applesauce	<b>29</b> Oriental Chix Nuggets/Sauce, Asian Blend Veg, Rice, Dinner Roll, Pineapple



Easy Summer Entertaining ~ **Cream Cheese Dessert Dip** ~ Take advantage of summer's bounty

Mix together until blended: 1 pkg. (8 oz.) cream cheese, softened and 1 jar (7 oz.) marshmallow crème. You're done!  
Serve with a variety of fresh fruit, cookies and/or pound cake. The possibilities are endless.

### **Tips:**

- 1) Remove the lid and seal from the marshmallow crème and microwave for 30 seconds on HIGH to make it easier to remove from the jar.
- 2) This dip can be made ahead and refrigerated for up to 4 hours before serving.



## **JUNE VAN & ACTIVITIES CALENDAR**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
		<b>1</b> 9:00 Yoga 11:30 Lunch 3:30-5 Walking Club	<b>2</b> 9:30 Mens' Breakfast/TW 9:30 <b>VAN:</b> Walmart/Salem NH 10:45 Strength Training
<b>6 9:00 SHINE (Appts. Only)</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30-5 Walking Club	<b>7 No Shopping Van— Brown Bag</b> 9:30 Visiting Nurse <b>(Day change June only)</b> 10:00 Adult Coloring Program 11:30 Lunch 12:30 Strength Training	<b>8</b> 9:00 Yoga 11:30 Lunch 3:30-5 Walking Club- <b>Last Day</b>	<b>9</b> 9:30 <b>VAN:</b> Parker River Tour 10:45 Strength Training
<b>13</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>14</b> 9:30 <b>Van: Riverside Plaza</b> 10:00 Fire Safety Program 10:30-11:30 Sen. Tarr Off. Hr. 11:30 Lunch 12:30 Strength Training	<b>15</b> 9:00 Yoga 11:30 Lunch	<b>16</b> 10:30 <b>VAN:</b> Plaistow, NH 10:45 Strength Training
<b>20</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>21</b> 9:30 <b>Van: Newburyport</b> 11:45 Byfield Lunch 12:30 Strength Training 1:30 Friends of COA/Library	<b>22</b> 9:00 Yoga 11:30 Lunch	<b>23</b> 10:30 <b>VAN:</b> Mann's Orchard & Target/Methuen 10:45 Strength Training
<b>27</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>28</b> 9:30 <b>Van: Seabrook, NH</b> 10:00 Free Legal Help by appt 11:30 Lunch 12:00 COA Board Meeting 12:30 Strength Training	<b>29</b> 9:00 Yoga 11:30 Birthday Lunch	<b>30</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.