



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...

With its short days and long nights, it is often hard to find the light in winter. But just as winter days reach their shortest point, we welcome back the sun's light with the winter solstice. Although it may appear dark at times, our world is bright with light as the shine of winter constellations and glowing planets fill night skies and our days are warmed with the increasing strength of the sun's rays. Each new day is filled with the possibility of light, giving us the opportunity to greet the New Year with our own light of kindness and generosity. Opening ourselves to the light that surrounds us, kindness challenges us to care for ourselves and others with compassion, empathy and mindfulness for the gifts that surround us. As we enjoy the light of longer days, let us welcome the light of kindness and generosity and enjoy the possibilities and opportunities of a new year together.



Winter Weather Safety Tips

What would a New England winter be without a storm or two? Although a fresh cover of snow can turn our neighborhoods into a Currier and Ives landscape, it is important to be prepared for poor weather so that we will remain safe in our homes and cars during winter weather. To assist us in preparing for winter safety, the Massachusetts Emergency Management Agency offers the following tips:

- Plan to keep enough non-perishable food (along with a non-electric can opener) and bottled water on hand for at least three days
- Keep flashlights, fresh batteries and a portable radio on hand in case of power outages
- Keep up-to-date essential prescriptions and a first-aid kit available.
- Stock your car with a flashlight with extra batteries, a windshield scraper and small broom for ice and snow removal, first aid kit, booster cables, basic tool kit, blanket, extra hat, mittens and socks
- Check your tires for adequate tread, keep your gas tank at least half-full and check your windshield wiper fluid
- Travel during the day and try to take someone along with you
- Dress for the season with layers of loose fitting lightweight warm clothing
- Wear a hat
- Cover your mouth with a scarf to protect your lungs from cold air
- Be careful while shoveling snow and watch for signs of over exertion, frostbite and hypothermia
- Remember that New England winters eventually bring the joy (and warmth) of New England springs and summers!

Thanks for the Mem'ries...

By Julie Pasquale

**In late November of 2008,
The Holidays started with a
Thanksgiving fete.**

**Next came a breakfast and musical
scores:**

**Sounds of the season were there at
the core.**

**The finale, a party, brought the
seniors in town**

**To visit and frolic and, of
course...to chow down!**

**We thank all of our sponsors for
giving great cheer**

**For all those who don't know, we'll
list them right here:**

Kiwanis Thanksgiving Dinner

GHS Music Dept. Concert/Breakfast

Christmas Party Housing Authority

Police & Fire Depts.

Country Gardeners

Theo's Restaurant

Trestle Way Club

January Activities

ACTIVITIES ARE HELD AT THE SENIOR CENTER UNLESS OTHERWISE NOTED. CALL US AT 978-352-5726

JANUARY VAN SCHEDULE 2009

Shopping Date	Location	Recreation Date	Location
January 6, 2009	Brown Bag Only – No Van	January 8, 2009	Super Walmart, Salem NH
January 13, 2009	Newburyport	January 15, 2009	Hungry Traveler, Salisbury
January 20, 2009	Rowley	January 22, 2009	Super Walmart, Salem NH
January 27, 2009	Haverhill, Riverside	January 29, 2009	Seabrook, NH
February 3, 2009	Brown Bag Only – No Van	February 5, 2009	Super Walmart, Salem NH

Georgetown COA office will be closed & there will be no activities on Thursday, Jan. 1st. HAPPY NEW YEAR!
We will also be closed on Monday, January 19th in honor of Martin Luther King Day.

SHINE Office Hours: Do you have health insurance questions? SHINE Counselor Jerry Goldberg will be here on Mon., Jan. 5th from 9:00 a.m. to 11:30 a.m. If you cannot come to the Senior Center, contact the COA and we can arrange a phone or home visit for you. Call (978) 352-5726.

GARDEN CLUB CRAFTS: Georgetown Country Gardeners invite seniors to a morning of fun & crafts on the first Tuesday of each month at 9:30 a.m. Crafts are free, but we do ask you to sign up ahead to help with planning.

January 6th Fabric-backed Glass Plates RSVP by ASAP
February 3rd Fresh Flower Arrangements RSVP by 1/27/09

“HEALTHY START” DISCUSSION: Join VNA Nurse Judy Anderson and volunteer Ed Barrett for a discussion group designed to help us get a healthy start to the New Year Wednesday Jan. 7, 10 a.m. Before she begins her monthly blood pressure clinic, Judy will offer some New Years Resolutions for Healthy Living. While Judy meets with patients, Ed will continue the discussion group with thoughts about healthy and fun ways to start the New Year. To assist with planning, please call the COA at (978) 352-5726.

VISITING NURSE: Wed., Jan. 7th, 10:00 – 11:00 a.m. The visiting nurse will be available to take blood pressure, check blood glucose levels & discuss any medical concerns seniors may have. A visiting nurse is also available for Trestle Way residents in their Community Building from 1:00-3:00 p.m.

LIFE TRANSITIONS DROP-IN GROUP: Bereavement Field Coordinator Lucille Bonanno will lead a Life Transitions Drop-in Group the first Wednesday of each month returning Wed., Jan. 7th, 10 a.m. On a drop-in basis, Lu will be available to discuss some of the transitions that arrive in life including retirement, grief and care-giving. For further information, call the COA office at (978) 352-5726.



MEN’S BREAKFAST Discussing computer technology and answering questions regarding common computer issues, Robert “Red” Kelley, Chief Technical Officer of Boston Systems and Solutions (the Town’s technical support contractor) will be the guest speaker on Thursday Jan. 8, 9:30 a.m. at Trestle Way. To make reservations, please call the COA at (978) 352-5726. Next breakfast: Feb. 5, 2009. Thanks to Crosby’s Market & the Georgetown Housing Authority for supporting our monthly program.

DIGITAL TV CONVERSION FORUM: A presentation on Digital TV Conversion is planned for Tues. Jan. 13, 10:00 a.m. See page 3 for details. Please call (978) 352-5726 if you plan to attend.

JANUARY BIRTHDAY PARTY: Join us on Tuesday, January 20th 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 1/13/08 to assist with planning.

WRITING WORKSHOP: Tuesday, Jan. 27th at 10:00 a.m. Do you remember the Blizzard of 1978 or perhaps you remember another memorable snow storm? Join us for a morning of writing about your favorite snowbound stories. To assist with planning, please call the COA office at (978) 352-5726.

FIRE SAFETY PROGRAMS: Come meet Fire Chief Al Beardsley and learn tips and strategies about Fire Safety as well as ways the Georgetown Fire Department works with local elders. Join us on Wed., January 28th at 10:00 a.m. Please call (978) 352-5726 if you plan to attend.

AARP Tax Preparation With the start of the New Year, it is already time to think about tax preparations. Beginning February 5th, AARP Tax Aide Carl Much will be available Thursday mornings 9:30 a.m.-12:30 p.m. to assist elders and other moderate-income individuals with their tax preparations. Information regarding tax preparation and the criteria for Massachusetts Circuit Breaker tax program is available at the Council on Aging office. Appointments are required. To reserve a time, 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	The Walking Club has been suspended until warmer weather due to variable winter conditions.
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.	

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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	1st & 3rd 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

Penn Brook School Pen Pal Program

Seeking to further develop friendships between Georgetown elders and elementary school students, the Penn Brook School Student Council and the Council on Aging are at work on developing a Pen Pal Program with fifth grade students currently involved in the school's Student Council. Still in the planning stages, the program would feature an exchange of letters between a group of fifth grade students and elders that would include a sharing of interests and experiences. With coordination by Art teacher Dawn Rezendes, shared interests in art could be discussed leading to a possible exchange of some simple artwork. Later in the school year, students and elders may have the opportunity to meet during a reception that features student and elder artwork and writing. As the COA and Penn Brook School Student Council plan the Pen Pal Program, interested volunteers can call the COA at (978) 352-5726.

Confused about Digital TV Conversion?

The Digital Television Transition and Public Safety Act of 2005 becomes effective on Feb. 17, 2009. To explain the changes in TV broadcast technology, FCC Electronics Engineer Vincent Bostic will be at the Senior Center on **Tues. Jan. 13, 10 a.m.** After Feb. 17th, TV stations will be required to stop broadcasting in analog and begin broadcasting only in digital. These changes in broadcast technology will require residents with older televisions, rooftop or indoor antenna to either buy a converter box for their televisions, buy a new television with a digital tuner or connect their older TV to cable, satellite or other pay-TV services. To assist with the process, the Federal government is offering households up to two \$40 coupons to defray the cost of purchasing a converter box. To receive a coupon for a converter box, call 1-888-388-2009 or visit online at www.DTV2009.gov. Coupons are also available by mailing a request to PO Box 2000, Portland, Oregon, 97208 or by fax, 1-877-DTV-4ME2. With a limited supply of coupons, requests must be received by March 31, 2009. Coupons and additional information are also available at the COA office. Call us at (978) 352-5726.



Not if we can help it! Thanks to the generosity of Manager Sarah DeStephano and Georgetown CVS, the Council on Aging has individual packages of tissues for public distribution. Stop by and pick one up!

~~ Just for Fun ~~

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down and perspired for an hour. But, by the time I got my leotards on, the class was over!

Winter Driving Safety Tips

With the onset of snow, ice and cold, winter can present a variety of challenges to driving in New England. According to AAA, the key to safe driving in winter is remembering Sir Isaac Newton's First Law of Motion: an object at rest tends to remain at rest while an object in motion tends to remain in motion. Applying Newton's First Law of Motion to winter driving, AAA offers the following tips:

- **Accelerate and decelerate slowly.** Apply the gas slowly to get moving and don't try to stop quickly.
- **Drive slowly.** Give yourself plenty of time to accelerate, stop or to make turns.
- **Don't stop if you can avoid it** and give yourself plenty of time and space if you need to come to a full stop. Better to slow down gradually, than to come to a quick stop.
- To avoid spinning wheels on snow-covered roads, **don't accelerate quickly going up hills.**
- **Avoid stopping on a hill;** try to gain some forward motion on flat roadway before going up a snow-covered hill.
- **Stay home!** If you really don't need to go out, better to be safe and curl up with a good book and a cup of cocoa while you watch the snow and dream up spring!

We remember...

During the past year, we have seen many changes in the world around us including the loss of friends and loved ones. This year, we have lost several friends who joined us at different times for COA programs and activities. It is also a year that saw the loss of two former COA staff members, van drivers Don Gordon and Don Smith. Don Smith passed away last month while Don Gordon passed away earlier this year. Both Don Smith and Don Gordon touched the lives of many residents as they planned and led trips to grocery stores, restaurants and other places of interest. Don Smith was also instrumental in establishing the Georgetown TRIAD and served as the group's first president. We were fortunate to share time with each of these coworkers and grieve their loss.

Mass Dept of Telecommunications & Energy provides Energy Assistance and Recommendations

With heating bills often showing an increase this winter, the Massachusetts Department of Telecommunications and Energy offers several suggestions and options for managing home heating costs.

- **Budget Billing** – contact Gas or Electric utility companies regarding Budget Billing plans that can spread out hearing costs over 12-months, helping to avoid higher bills during the winter months
- **Payment Plans**-contact utility companies to establish payment plans that will allow equal monthly installments along with current bills
- **Low Income Home Energy Assistance Program**- Fuel Assistance Programs provide direct payment subsidies to income eligible families in Massachusetts. For more information, call 1-800-632-8175
- **Community Action: Heating Assistance Program** – Fuel Assistance Program, weatherization, gas, electric and Verizon discounts to income eligible families in the Greater Haverhill area. For more information, call (978) 373-1971.
- **Weatherization Assistance program (WAP) and Heatwrap** –Assists low-income households in reducing heating bills by providing comprehensive home energy conservation services and heating system repair and replacement. For more information, call 1-800-632-8175.
- **Utility Discount Rates**- Available to Gas and Electric customers who meet income qualifications. Contact utility companies for financial criteria and information.
- **Good Neighbor Energy Fund**- Administered by the Salvation Army, the Good Neighbor Energy Fund provides energy assistance to clients who do not qualify for federal or state funds. Residents in Greater Newburyport, call (978) 465-0883. Residents in Greater Haverhill, call (978) 374-7571.
- **Protection from having your Gas and Electric service turned off this winter**-Massachusetts consumer law protects vulnerable citizens from having their utilities shut off during the winter months. Your utility may not be terminated if residents in your household are at least 65 years old. Your utility may also not be terminated if you have a financial hardship and either someone in your home is seriously ill or if you have an infant under 12 months or if it is between November 15 and March 15 and you need the service to heat your home. If you have a financial hardship or if all the residents in your home are at least 65 years, contact your utility to apply for protection.
- For more information, visit www.winterheating.com or contact the DTECD at 1-800-392-6066. Information on heating assistance programs are also available at the COA office. For more information, call (978) 352-5726.

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. The bus can be used for any purpose to a limited service area (Georgetown, Haverhill, Groveland, area hospitals & trains). For a detailed 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 11-24-08

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

Presort Standard
U. S. Postage
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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 **Georgetown Senior Center Andover Street, Georgetown**

**NEXT BOARD MEETING:
Tuesday January 27, 2009**

Town of Georgetown:
Stephen Delaney, Town Administrator
Matt Vincent, Board of Selectmen
Philip Trapani, Board of Selectmen
Evan O'Reilly, Board of Selectmen

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
Barbara Miller, Secretary/Clerk
Marian Jordan ~ Chandler Noyes
Claire Maimone ~ Rosemary Morse
Diane Prescott ~ Ginny Ryder
Alternates: Cynthia Tardif & Joe Young

Georgetown COA Webpage
is located on the town's official website www.georgetownma.gov.
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**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 the Senior Center, located at the First Congregational Church, will be closed. If the Merrimack Valley Nutrition Project is closed, there will be no lunches served at the Senior Center.

**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.

## January Lunch Menu

The MVNP is made possible in part by funding from the Older Americans Act as granted by Elder Services of the M. Valley

**Lunch is served Monday through Wednesday at the Senior Center at 11:30 a.m. Cost is \$2.00.**

**Make reservations 3 days in advance. Call (978) 352-5726.**

### Monday

### Tuesday

### Wednesday

|                                                                                                                       |                                                                                                                       |                                                                                                      |
|-----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| 5<br>Pork Chop/Gravy,<br>Whip Potatoes/Chives, Winter Veg<br>Chilled Pears, Wh Wh Bread                               | 6<br>Oven Fried Chix, Dirty Rice<br>Broccoli, Fresh Orange<br>Lt Rye Bread                                            | 7<br>Baked Mac and Cheese,<br>Stew Tom W/Zucchini<br>Fruit Gelatin Cup, Oatmeal Bread                |
| 12<br>Orange-pineapple Juice, Stuff Peppers,<br>Tom Sauce, Carrot Coins,<br>Chill Mix Fruit, Snowflake Dinner<br>Roll | 13<br>Chix Fajitas, Peppers and Onions,<br>Chuckwagon Corn, Spanish<br>Rice/beans,<br>Chill Pineapple, Wh Wh Tortilla | 14<br>Apple Juice, Barbeque Pork Rib,<br>Baked Beans, Mix Veg,<br>Fresh Fruit, Oatmeal Bread         |
| 19<br>Closed – Martin Luther King Day                                                                                 | 20<br>Cheese Lasagna w/Tom Sauce,<br>California Blend veg,<br>Chill Mix Fruit, Garlic Bread                           | 21<br>Grape Juice, Beef/Veg Sausage with<br>Mix Veg, Fruit Gelatin/Diet Gelatin<br>Sub Roll          |
| 26<br>Swedish Meatballs/Gravy<br>Whip Pot, Mix Veg,<br>Chill Peaches, Wh Wh Bread                                     | 27<br>Stuffed Cabbage w/Tom Sauce<br>Chuckwagon Corn, Broccoli Cuts,<br>Fresh Fruit, Low Fat Muffin                   | 28<br>Roast Chix, Wh Rice w/ Mushrooms,<br>Peas, Carrots and Onions,<br>Ice Cream Cup, Oatmeal Bread |

## January Van & Activities Calendar

| MONDAY                                                                        | TUESDAY                                                                                                                     | WEDNESDAY                                                                                                          | THURSDAY                                                                          |
|-------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| <b>5</b> 9:00 SHINE<br>9:30 Dolls<br>10:30 Yoga<br>11:30 Lunch<br>12:00 Bingo | <b>6</b> VAN: Brown Bag Only<br>9:30 Craft: Glass Plates<br>11:30 Lunch<br>12:30 Strength Training                          | <b>7</b> 9:00 Yoga<br>10:00 Healthy Start Discussion<br>10:00 Visiting Nurse<br>10:00 Drop-in Group<br>11:30 Lunch | <b>8</b> VAN: Walmart/Salem NH<br>9:30 Men's Breakfast<br>11:00 Strength Training |
| <b>12</b> 9:30 Dolls<br>10:30 Yoga<br>11:30 Lunch<br>12:00 Bingo              | <b>13</b> VAN: Newburyport<br>10:00 Digital TV Update<br>11:30 Lunch<br>12:30 Strength Training                             | <b>14</b><br>10:00 Yoga<br>11:30 Lunch                                                                             | <b>15</b> VAN: Hungry Traveler<br>11:00 Strength Training                         |
| <b>19</b><br><hr/> <b>Closed for MLK Day</b> <hr/>                            | <b>20</b> VAN: Rowley<br>11:30 Birthday Lunch<br>12:30 Strength Training                                                    | <b>21</b><br>9:00 Yoga<br>11:30 Lunch                                                                              | <b>22</b> VAN: Walmart/Salem, NH<br>11:00 Strength Training                       |
| <b>26</b> 9:30 Dolls<br>10:30 Yoga<br>11:30 Lunch<br>12:00 Bingo              | <b>27</b> VAN: Riverside, Haverhill<br>10:00 Writing Group<br>11:30 Lunch<br>12:00 Board Meeting<br>12:30 Strength Training | <b>28</b><br>9:00 Yoga<br>10:00 Fire Chief Beardsley<br>11:30 Lunch                                                | <b>29</b> VAN: Seabrook, NH<br>11:00 Strength Training                            |

**Van Trips:** The cost is \$2.00 roundtrip. The Shopping Van will start picking up at 9:30 a.m. Recreation trips will vary; confirm pick-up time when you call. Make your reservations ASAP by calling the COA at (978) 352-5726.