



A FEW GRAY HAIRS



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

Vol. 16/Iss. 8

February 2015
Website: www.georgetownma.gov

Director's Notes...

It seems fitting that during the month in which we often focus on open hearts and warm wishes, to share the good news about our future plans for a Senior Center. Working with the Selectmen and the School Committee, we have developed a plan that will allow us to create a Senior Center facility at the Perley School. When construction on the new Penn Brook School is complete, the first grade and Kindergarten classes currently located at the and five of those classrooms Aging to establish a Senior will remain at the school shared use of the space. By moving our into one space, we will be in providing programs and services. We hope to create a home-away-from-home for people as well as a "one-stop" service for elders and their families in Georgetown, where they can address health, recreational, cultural, social and informational needs in one location, and where our service providers such as the AARP Income Tax Preparation Program, Visiting Nurse (VNA) and Serving Health Insurance Needs for Elders (SHINE) can provide elders with services in a confidential setting. The new space will also allow us to establish additional programs and services such as caregiver and bereavement support groups, a food pantry, additional exercise opportunities, book club, knitting, quilting and crocheting groups. We expect to move into the new Senior Center by January 2016. We have seen tremendous growth in our programs and services over the past several years as well as growth in our elder population. The estimated growth for the elder population in Georgetown is expected to double by 2030! Consolidating our programs and services into one location will put us in a good position to serve well into the future and we look forward to sharing this wonderful opportunity with all of you!



Perley School will move to the new school will become available to the Council on Center at the school. The preschool classes along with the central office, allowing us kitchen/cafeteria, gymnasium and meeting offices, programs, activities and services able to become more efficient & effective

AARP Tax Prep Assistance Available

Open to: Elders & other moderate-income individuals
Where: COA Office (Town Hall)-1 Library St.
When: Thursday mornings Feb. 5 - April 9

Appointments are required.

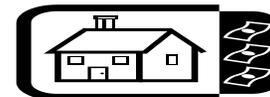
8 one-hour sessions available each Thurs. starting at 9 a.m.

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

Things to bring with you to your appointment:

- ★ Copies of 2013 Federal & State tax returns
- ★ Anything received in the mail marked "Important Tax Return Document Enclosed" including W-2 forms, SSA-1099 (Social Security), 1099-R (pension/IRA), 1099-INT (interest), 1099-B/1099-DIV (stocks/mutual funds).
- ★ Some form of Personal Identification
- ★ To determine Circuit Breaker Tax Credit, bring 2014 Property Tax bills & Water Bills.

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



Fuel Assistance Offered By Trustees of the Perley School

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

The COA and all activities will be closed on Mon. February 16 for President's Day.

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

February Activities

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



CALL US AT 978-352-5726.



FEBRUARY VAN SCHEDULE 2015

| Shopping Date | Location | Recreation Date | Location |
|---------------|--------------------------|-----------------|--------------------------|
| Feb. 3 | NO VAN – Brown Bag Only | Feb. 5 9:30 | Super Walmart/Salem, NH |
| Feb. 10 9:30 | Rowley | Feb. 12 10:30 | Plaistow, NH |
| Feb. 17 | NO VAN – Driver Training | Feb. 19 10:30 | North Shore Mall/Peabody |
| Feb. 24 9:30 | Seabrook, NH | Feb. 26 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!

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

VISITING NURSE: **Wed., Feb. 4, 10 – 11 a.m.** at the **First Congregational Church**
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. Feb. 5, 9:30 a.m.
Trestle Way Comm. Building
The group will celebrate Ken Nunan and his 100 years of life experience.
With great appreciation, the COA thanks Crosby's Markets for their sponsorship & the Georgetown Housing Authority for their partnership in offering

the monthly program. **Reservations, call 978- 352-5726. Next breakfast Thurs. Mar. 5 – Chief Cudmore**

Local Legislators' Office Hours

The following legislators, or their representatives, will be on hand at **Town Hall** 2nd Floor Conference Room to meet with constituents to answer questions, hear comments or provide assistance. The public is welcome. For more information, contact the COA at 978-352-5726.

Sen. Bruce Tarr:
Tues. Feb. 17
1 – 2:30 p.m.

Rep. Lenny Mirra:
Mon. Feb. 23
9 a.m.

VALENTINE CRAFT: **Tues. Feb. 10, 10 a.m.**
First Congregational Church See page 3 for details.

VALENTINE LUNCHEON: **Wed. Feb. 11, 11:30 a.m.**
First Congregational Church See page 3 for details.



FEBRUARY BIRTHDAY: **Wed. Feb. 25, 11:30**
First Congregational Church

Join us as we send best wishes to our friends who were born in February. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 2/18/15 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

FRIENDS OF THE GEORGETOWN COA:
Meetings will resume in March at the Georgetown Peabody Library. Meetings are held at 2:30 p.m. and are open to the public. The schedule is as follows: **Mon. Mar. 16, Tues. Apr. 21, and Mon. May 18.**

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

Tues. Feb. 24, 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 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 |
|-----------------------------|------------|------------|
| 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
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 |
| Georgetown Senior Center | | 40 | Trestle Way Community Room | |
| Every Monday at noon | Cost: \$1.00/card covers up to 10 Games | Free Space | 1 st & 3 rd Wednesdays each month at 1:00 p.m. | Cost: 50¢ & 75¢ per game. |
| For more info, call (978) 352-5726 | | 33 | Contact: GHA (978) 352-6331 | |
| 2 | 29 | 45 | 50 | 72 |



SPECIAL VALENTINE LUNCH

Presented by Culinary Arts Students
Whittier Regional Voc. Tech. H. S.

Wed. Feb. 11, 11:30 a.m.

First Congregational Church

- ♥ Special Valentine's Day Menu
- ♥ \$5 donation is suggested to support the Culinary Arts Program at Whittier Regional Vocational Technical High School.
- ♥ Reservations are required by Wednesday February 4
- ♥ Please call the COA office at 978-352-5726

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Sweets for the Sweet

Tues. Feb. 10, 10 a.m.

First Congregational Church

Just in time for Valentine's Day!

- Decorate a heart-shaped tin
- Fill it with candy for your special someone
- Learn some basic Zentangle (Doodling!) for artwork
- Have some fun!

RSVP before Feb. 3. Space is limited.
Call the COA at 978-352-5726.

Upcoming Events

March 17

10 a.m. Medicare Fraud
11 a.m. Celebrate St. Pat's Day with refreshments.
Stay for lunch (reservations required)!

March 31

10 a.m. Electric Dept. Presentation
11 a.m. Ice Cream Social
Stay for lunch (reservations required)!

Were YOU in the “DONUT HOLE” last year?



If so...chances are you could reach it again!

If you have a Medicare Part D or Medicare Advantage plan and **do not** get Extra Help, you will reach that coverage gap when the total retail cost of your prescription drugs reaches \$2,960. Then you will pay 45% of the cost of brand name drugs and 65% for generics. Think what that means... a \$300 brand name drug will now cost you \$135!

This is where **Prescription Advantage** can help. **Prescription Advantage**, the Massachusetts prescription drug assistance program, can help pay for your prescription drugs when you reach the “donut hole.” To find out how to lower your drug costs, call Prescription Advantage at:

1-800-243-4636 or **TTY at 1-877-610-0241** for deaf and hard of hearing or visit

www.prescriptionadvantagemma.org

Five Strategies to Increase Energy

According to the American Heart Association (AHA), the key to increasing energy is to make healthy and lasting lifestyle changes that are not too difficult to maintain. To be able to do more and to feel better while doing it, the AHA suggests five strategies:

1. **Move more:** Increasing physical activity will increase energy. Three 10-minute walks per day will help you reach your goals! Joining us for a yoga class or strength training class will help, too.
2. **Eat smart:** Eat fresh fruits and veggies. Drink lots of water. Eat small and frequent meals to balance energy and blood sugar levels during the day. Join us for lunch, too!
3. **Sleep:** Try to plan about seven hours of quality sleep.
4. **Lose a few pounds:** Carrying extra pounds means extra work for your heart and can raise blood pressure, too. Join us for an exercise class or take a walk with the indoor walking program at Penn Brook School!
5. **Lighten up:** Stress is unavoidable in life but learning to manage stress helps to maintain a positive outlook and healthy lifestyle – all of which increases energy and helps to reduce risk for heart disease!

Circuit Breaker Tax Credit

The Massachusetts Circuit Breaker Tax Credit is a state income tax credit for certain Massachusetts residents age 65 years or older who paid rent or real estate taxes during the tax year. Based on local property taxes, the tax credit is funded by the state government. The credit is designed for senior homeowners 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 charges. Renters can count 25 percent of their rent as real estate tax payments. To qualify for the credit:

- You or your spouse must be 65 years or older by the end of the tax year
- If married, you must file a joint state tax return
- You cannot be the dependent of another taxpayer
- You must rent or own a home in Massachusetts that is your principal residence
- If you are a homeowner, your property’s assessed value cannot exceed \$691,000
- If you rent, you cannot also receive a federal or state rent subsidy and your landlord must pay property taxes
- Income limits are: \$56,000 single; \$70,000 head of household; \$84,000 married filing jointly
- The amount you paid for real estate taxes must be greater than 10 percent of your total income

To claim the Circuit Breaker Tax Credit, you must file a state income tax return. If your credit is greater than the amount of income taxes owed, the state will issue a refund for the difference. The maximum credit for tax year 2014 is \$1,050. Individuals who meet certain requirements may be eligible to file retroactively for the last three years. **Information regarding tax preparation and the criteria for the state’s Circuit Breaker Tax Credit is available at the COA office.**

Heating Assistance Program

Application Packets are now available at the COA.

Households that did not apply for the program last year, can apply for the program by calling Community Action at (978) 373-1971 or the COA office at (978) 352-5726. Maximum gross income is **\$32,618** for one-person or **\$42,654** for a two-person household. This year applications are available, and can be completed, at the COA office. For more information, call the COA at (978) 352-5726.

Council on Aging Services

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

TRANSPORTATION/SHOPPING:

The Van is available Tuesdays & Thursdays for door-to-door for shopping and errands. Reservations should be made at least two days in advance by calling the COA office at (978) 352-5726. Please check the Van Schedule for this month's days and destinations. A small donation is suggested to help with program expenses.

TRANSPORTATION/MEDICAL:

Northern Essex Elder Transport, Inc.

This program provides rides for elders to medical appointments. Arrangements should be made at least THREE days in advance of the appointment by calling the Council on Aging office at (978) 352-5726. If the office is closed, please leave a message (and remember that we are not open on Fridays). After the ride is arranged, the DRIVER will call you the day before the ride. A donation of 43 cents per mile is suggested to help support the program. However, no one is turned down due to inability to pay. Please remember: Reservations must be made through the Council office and clients should not be calling the drivers directly.

RING & RIDE: Medical, Shopping & General Purpose Transportation

Ring & Ride is a free shared van service available to Georgetown residents. It requires 24 hour notice for reservations made through MVRTA (978-469-6878, option #3). The van can be used for any purpose including medical and shopping in Amesbury, Boxford, Georgetown, Haverhill, Groveland, Newburyport, Lawrence, Methuen, Newbury, North Andover, West Newbury, Rowley Train Station & Market Basket. For a brochure, contact the COA.

HANDICAP PLACARDS

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

Meals on Wheels

Available to eligible seniors by calling Elder Services of Merrimack Valley at 1-800-892-0890.

Congregate Meals

The Senior Center offers nutritious lunches Monday-Wednesday at 11:30 a.m. Please make reservations at least three business days in advance by calling the COA or in person at the Center.

FOOD AND HEAT RESOURCES

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

VISITING NURSE

On the first Wednesday of each month, from 10:00 - 11:30 AM, Pam Lara, RN is available at the Senior Center to perform Blood Pressure checks, etc. Trestle Way residents may also visit with the nurse in the Community Building on the first Wednesday of each month, noon-2:00 PM.

S.H.I.N.E.

Serving Health Information Needs of Elders will help you understand your health insurance concerns. Appointments can be scheduled with SHINE counselor Jerry Goldberg at the Senior Center on the first Monday of each month.

EQUIPMENT LENDING PROGRAM

COA has medical equipment (Walkers, Canes, Wheelchairs, Bath Seats, etc.) for long- or short-term lending.

FILE OF LIFE & YELLOW DOT PROGRAMS

Both programs provide a health history document to be used by emergency personnel in case of illness or injury. One is for your home, the other for your car.

HEALTH CARE PROXIES

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

THE FILE A handy folder which serves as a summary of record of Financial Information, Investments & Insurance, Legal Documents & Estate Management information.

Updated 4/24/12

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

Return Service Requested

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

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

Open:

Monday – Wed. 9 am – noon

PUBLIC NOTICE

C.O.A. board meetings are open to the public. They are held at noon on the 4th Tuesday of each month at the **First Congregational Church Andover Street, Georgetown**

NEXT BOARD MEETING:
Tuesday February 24, 2015

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

Chandler Noyes, Treasurer

Jean Perley, Secretary/Clerk,

Susan Gardiner, Esther Palardy,

Diane Prescott, Corona Magner, Nancy

Thompson, Caroline Sheehan-alternate

Ann Stewart-alternate

Town of Georgetown:

Michael Farrell, Town Administrator

Stuart Egenberg, Chair, Board of Selectmen

Stephen Smith, Board of Selectmen

David Surface, Board of Selectmen

Gary Fowler, Board of Selectmen

Philip Trapani, 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 COA Meal Site located at the First Congregational Church.

February 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> |
|--|--|---|
| 2 Chix Cacciatori, Rice, Winter Blend Veg, Pears, Wh Wh Dinner Roll | 3 A la King Special, Whip Pot, Mixed Veg, Peaches, Wh Wh Bread | 4 Soup: Seafood Chowder Stuffed Shells/Marinara, Green/Gold Beans, Orange, Italian Bread |
| 9 Meatballs/Gravy, Whip Pot, Italian Blend Veg, Fruit Cocktail, Italian Bread | 10 Salmon/Broccoli/Pasta Alfredo, Peaches, Wh Wh Bread | 11 Whittier Valentine Lunch |
| 16 NO LUNCH: Presidents' Day | 17 Hamburger/Roll, Pot Wedges, Corn, Peaches | 18 Soup: Corn Chowder Pier 17 Fish, Scalloped Pot, Green/Gold Beans, Chocolate Pudding, Wh Wh Bread |
| 23 Breaded Chix Fillet/Roll, Corn, Peaches | 24 Kentucky Derby Special Chix Noodle Soup, Carrot Raisin Salad, Turkey/Bacon/American Cheese on Pumpernickel, Baked Pot Chips, Yogurt Dessert | 25 Soup: No Soup Today Beef Stroganoff/Ziti, Mixed Veg, Pineapple Cup, Wh Wh Dinner Roll |



In honor of Heart Health Month, try this "hearty" soup!

15 Minute Lentil Soup



Ingredients: 1 tsp. extra-virgin olive oil * 1/2 small onion, finely chopped * 1 carrot, finely chopped
1 celery stalk, finely chopped * 1 garlic clove, minced * Coarse salt and ground pepper * 14.5 oz. low-sodium vegetable or chicken broth * 3/4 c. cooked lentils (from a 15-ounce can), rinsed and drained * 2 tsp. red-wine vinegar

Directions: In a medium saucepan, heat oil over medium. Add onion, carrot, celery, and garlic; season with salt and pepper and cook, stirring occasionally, until onion softens, 3 to 5 minutes. Add broth; bring to a boil and cook 5 minutes. Add lentils and cook until soup thickens slightly, 3 to 5 minutes. Stir in vinegar and season with salt and pepper.

Serves: 1

(Source: Everyday Food, Oct. 2009)

FEBRUARY VAN & ACTIVITIES CALENDAR

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|---|---|--|---|
| 2 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo | 3 No Shopping Van— Brown Bag 11:30 Lunch 12:30 Strength Training | 4 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch | 5 9:30 VAN: Walmart/Salem NH 9:30 Men's Breakfast/Tr. Way 10:45 Strength Training *Tax Prep By Appointment* |
| 9 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo | 10 9:30 Van: Rowley 10:00 Valentine Craft 11:30 Lunch 12:30 Strength Training | 11 9:00 Yoga 11:30 Whittier Valentine Lunch | 12 10:30 VAN: Plaistow, NH 10:45 Strength Training *Tax Prep By Appointment* |
| 16 CLOSED: Presidents' Day | 17 No Van: Driver Training 11:30 Lunch 12:30 Strength Training 1-2:30 Sen. Tarr's Office Hrs. | 18 9:00 Yoga 11:30 Lunch | 19 10:30 VAN: North Shore Mall 10:45 Strength Training *Tax Prep By Appointment* |
| 23 9:00 Rep. Mirra/Office hrs. 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo | 24 9:30 Van: Seabrook, NH 10:00 Free Legal Help by appt. 11:30 Lunch 12:00 COA Board Meeting 12:30 Strength Training | 25 9:00 Yoga 11:30 Birthday Lunch | 26 10:30 VAN: Haverhill 10:45 Strength Training *Tax Prep By Appointment* |

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.

