



A FEW GRAY HAIRS



Memorial
Day
5-28-12

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

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Website: www.georgetownma.gov

Director's Notes... As a child, I was very fortunate to live within walking distance of my grandparents. Great-aunts, uncles and my great-grandmother were just an afternoon's drive away. I spent hours in the garden with my grandparents, weeding and gathering vegetables for never-ending canning projects. My sister and I played in their basement while my grandfather worked on his table saw, creating our own special sawdust cakes. My grandmother needed little coaxing to sit and play the piano for her granddaughters – music popular in the 1930s and 1940s, favorite hymns, and Christmas carols at all times of the year. Very special memories were the visits to my grandparents' offices in Ottawa – my grandfather at Parliament Hill and my grandmother at Carleton University. From a child's perspective, it was just time spent with my grandparents. As an adult, I realize there were important lessons in faith, resilience, compassion and care and my life was enriched by their presence. The theme of this year's Older Americans Month – "Never Too Old to Play" reflects the experiences many of us have enjoyed with members of the older generation. Research shows that remaining active socially and physically has significant health benefits for older adults. But as we remain active and engaged with others, studies also show that benefit is extended to younger members of the community. For many of us, our values, goals and life choices were shaped by the experiences that we had with elders in our lives. This national observation allows us to express our appreciation and gratitude to you. Join us on Monday May 14, as we honor the contributions that you provide us all when we celebrate Older Americans Month with a 1 p.m. performance by the Music Masters at the First Congregational Church.

New Life Transition Support Group Underway

Funded with a \$3,295 in Service Incentive Grant money from the Executive Office of Elder Affairs, the Georgetown, Merrimac, and West Newbury Councils on Aging are pleased to offer a new wellness opportunity for area residents. Edna Lezotte, D. Min., LICSW (Licensed Clinical Social Worker) will lead professional development programs and monthly support groups in each of the three towns. Along with her private practice, Edna teaches at Boston University, Salem State University, & Framingham State University. **In Georgetown, Edna will lead support groups on Wed. May 16 & Wed. June 20, 10 a.m. at the First Congregational Church. Focusing on the transitions that occur in life, the groups will address depression, loneliness, bereavement, sadness & changes in retirement.** Following the monthly support groups, Edna will be available to provide individual consultation to participants in need. For further information, call the COA at 978-352-5726.



Limited Fuel Assistance Still Available

Recognizing that the need for fuel assistance often continues into the warmer weather, the Trustees of the Perley Free School still have a limited fuel assistance program available to local residents who are experiencing financial hardships this year. The new program is funded by an endowment that was established in 1860 by John Perley. In addition to the money that is used to fund scholarships for Georgetown graduates and alumnae, the Trustees oversee a small endowment to aid Georgetown residents facing financial hardships. Individuals, who may need assistance with their heating costs, can call the COA at (978) 352-5726 for information and referral.

The COA and all activities will be closed for Memorial Day on May 28.

May Activities

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

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



M A Y V A N S C H E D U L E 2 0 1 2

Shopping Date	Location	Recreation Date	Location
May 1	NO VAN – Brown Bag Only	May 3 9:30	Super WalMart/Salem, NH
May 8 9:30	Rowley	May 10 10:30	Middleton/Richardson's Ice Cream
May 15 9:30	Newburyport	May 17 10:30	Plaistow, NH
May 22 9:30	Seabrook NH	May 24 10:30	Newburyport/Park Lunch
May 29 9:30	Haverhill	May 31 10:30	Target/Mann's Orchard

JOIN US MONDAY – WEDNESDAY MORNINGS from 9-10:30 a.m. at the First Congregational Church for cards and cribbage games! Hot Coffee and cookies (or other snacks) are a great way to spend time with friends!

NEW LIFE TRANSITION SUPPORT GROUP CONTINUES: May 16 and June 20, 10 a.m. First Congregational Church. For more information, contact COA at 978-352-5726. See page 1 for details.

VISITING NURSE: Wed., May 2, 10:00 – 11:00 a.m. Public Health Nurse **Pam Lara** will be available to provide blood pressure checks, heart assessments, & medication information & to discuss any medical concerns seniors have. Barbara Muse, R.N., a visiting nurse, is also available for Trestle Way residents in their Community Building on the first Wednesday of each month from 12:00-2:00 p.m.

MEN'S BREAKFAST: Discussing how he has combined his past business career and life experience in order to give back to the community, author and community speaker **Fran Larkin** will be the guest speaker at the Men's Breakfast **Thursday May 3, 9:30 a.m. at Trestle Way**. With great appreciation, the Council on Aging thanks Crosby's Markets for their sponsorship and the Georgetown Housing Authority for their partnership in offering the monthly program. For reservations, please call (978) 352-5726.

ESMV CASE MANAGER: ESMV Case Manager Jennifer Cook will be here to discuss programs and services available through Elder Services of the Merrimack Valley (ESMV) on **Mon., May 7 10:00 – 11 a.m.** **APPOINTMENTS MUST BE SCHEDULED THROUGH THE COA OFFICE.** To schedule an appointment, call (978) 352-5726.

SHINE OFFICE HOURS: Do you have health insurance questions? **SHINE Counselor Jerry Goldberg** will be here on **Mon., May 7, 9:00 – 11 a.m.** **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.

MOTHER'S DAY BREAKFAST TEA: Come celebrate Mother's Day with us as we hold a special **Mother's Day Breakfast Tea Tuesday May 8, 9:30 a.m.** at the First Congregational Church. See page 3 for details.

"A LEGAL CHECK-UP": Discussing a wide range of legal issues that affect the lives of elders, **Elder Attorney Margot Birke** will present **"Taking Control of Your Future: A Legal Checkup"** on **Wednesday May 9, 10 a.m.** at the First Congregational Church. See page 3 for details.

MUSIC MASTERS RETURN: Music Masters return on Monday, May 14 at 1 p.m. in celebration of **Older Americans' Month**. Please call 978-352-5726 to assist with planning. See page 3 for details.

BYFIELD PARISH LUNCHEON: Tuesday, May 15, 11:30 a.m. If you plan to attend, please call the church at (978) 352-2022.

MAY BIRTHDAY PARTY: Join us on **Tuesday, May 29 at 11:30 a.m.** at the First Congregational Church to send best wishes to our friends who were born in May. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 5/22/12.** To make reservations, please call the COA office at (978) 352-5726.

COMMISSION FOR THE BLIND PRESENTATION: Come learn important resource information regarding vision issues. Join us **Wed. May 30, 10 a.m.** at First Congregational Church. See pg. 3 for details.

Annual Town Meeting: Mon. May 7 ~ 7 p.m. ~ GMHS

Annual Town Election: Mon. May 14 ~ 7a.m.-8 p.m. ~ Penn Brook School

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	Mondays & Wednesdays 3:30-5:30 p.m. at Penn Brook 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	10:45 a.m.	

Mark Your Calendars!

Mother's Day Breakfast Tea



Tuesday May 8, 9:30 a.m.

First Congregational Church.

Come, celebrate Mother's Day with us!

- ◇ Reminiscence with stories and photos
- ◇ Variety of breads & goodies, coffee and tea.
- ◇ A special gift for everyone.

To make reservations, please call the COA at (978) 352-5726 by Thurs. May 5.

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

"Taking Control of Your Future: A Legal Checkup"

Presented by



Elder Attorney Margot Birke

Wednesday May 9 ~ 10 a.m.

First Congregational Church.

Topics of discussion:

- A wide range of legal issues affecting elders' lives
- Your Questions Answered (submitted to the COA office in advance will insure inclusion in discussion.)
- Refreshments will be served.

For further information or to submit a question, please contact the COA at (978) 352-5726.



Music Masters Return!

Monday, May 14th ~ 1:00 p.m.

First Congregational Church

In honor of Older Americans Month, join us for an hour of song and humor.

- Broadway Melodies
- Irish Folk Tunes
- Old Time Favorites
- Always Fun! An annual favorite.



Refreshments will be served. Reservations are not required, but to help with planning, please call (978) 352-5726.

The program is supported by a grant from the Georgetown Cultural Council, a local agency supported by the Massachusetts Cultural Council.

**Commission for the Blind:
Who Are They & What Do They Do?**

**Presenters: Priscilla Ngome, Rehab Teacher
Kristen Shine, Social Worker**

Wed. May 30, 10 a.m.
First Congregational Church



Topics will include:

- Different services offered through Comm. for Blind
- A state agency dedicated to serving residents diagnosed as legally blind
- Legal blindness criteria
- Eye diseases
- Brochures/information regarding major eye diseases



Contact the COA for more information at (978) 352-5726.

BINGO CALLERS NEEDED!

If you have an hour to spare approximately 1-2x/month, we can use you. Bingo meets at noon on Mondays. For more info, contact the COA at 978-352-5726.

Camp Denison Fund Raiser Planned

The annual dinner/dance gala to benefit Camp Denison will be held Saturday May 19 6-11 p.m. at the VFW Hall on Andover Street (Route 133). The dinner includes a turkey dinner with all the fixings. There will be a wide array of items available for bid or raffle. Some of the raffle items will include gift certificates to town and area businesses and restaurants, Red Sox tickets, riding lessons, a horse-drawn hay ride for 15 of your friends and/or relatives, free passes to popular Boston and surrounding community attractions. The event will have Jamie Kelly as the emcee and DJ. Dancing to follow dinner and raffle. Admission tickets are \$15 and can be purchased at the door or by calling Camp Manager Don Anderson at 978-729-6046.



Diabetes Supplies Scam Warning

The Office of the Inspector General (OIG) has issued a fraud alert regarding diabetes supplies schemes. Although the method may vary, the scheme typically involves a caller pretending to be from the government, a diabetes association or Medicare. The caller offers "free" diabetic supplies such as glucose meters, diabetic test strips or lancets. The caller may also offer other supplies such as heating pads, lift seats, foot orthotics or joint braces in exchange for the beneficiaries' Medicare, financial information or confirmation of personal information. Some people have received items in the mail that they did not order. Beneficiaries who receive this type of call should report the call to the OIG Hotline at 1-800-HHS-TIPS or online at www.OIG.HHS.gov/fraud/hotline. As part of the report, provide the name of the company that called you, the company's telephone number and address (if available) and a summary of the conversation with the caller.

Doll Trimmings Needed!

The COA's weekly Doll Making Group needs lace (up to 1" wide) and other trimmings for hand-crafted dolls that are given to children who receive services through Emmaus, Inc. in Haverhill. For further information, please call the COA at 978-352-5726.



Prescription Advantage Offers Help with Prescription Drug Costs

Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. There is no charge for joining Prescription Advantage, if you have an annual income at or less than \$33,510 for a single person and \$45,390 for a married couple. There is no asset limit. You may be eligible for Prescription Advantage if you are a Massachusetts resident, eligible for Medicare, and are: 65 years or older with an annual income at or less than \$55,850 for a single person or \$75,650 for a married couple or under 65 years and disabled, with an annual income at or less than \$21,000 for a single person or \$28,444 for a married couple. If you are not eligible for Medicare, you can also join and there is no income limit. If you have Medicare, Prescription Advantage helps pay for your prescriptions when you reach the Medicare Part D coverage gap (donut hole).

If you are unhappy with your current Part D or Medicare Advantage plan, Prescription Advantage allows you to switch your plan now, instead of waiting for Open Enrollment in October.

If you are not currently enrolled but you need a Part D or Medicare Advantage plan now, joining Prescription Advantage allows you to enroll right away.

Call Prescription Advantage today for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say 2. Help is also available from the SHINE program. Call the COA and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. You can reach a SHINE counselor by telephone. Call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.



"A mom's hug lasts long after she lets go."

~Author Unknown

Friends of the Council on Aging Upcoming Meetings

**Monday, May 21 ~ Monday, June 18
Monday, July 16**

Open to the public, meetings are held at the Peabody Library at 3 p.m.

New members welcome

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 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.

Ring & Ride: MEDICAL, SHOPPING AND GENERAL PURPOSE TRANSPORTATION

Ring & Ride is a free van service 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 its service area (Georgetown, Haverhill, Groveland, Newburyport, area hospitals & trains). 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 MV. 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 10:00AM – 11:30 AM, Pam Lara, 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, noon-2:00PM.

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 record of Financial Information, Investments and Insurance, Legal Documents and Estate Management information.

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

Return Service Requested

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. 8 am – 4 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 May 22, 2012

Georgetown Council on Aging:
Director: Colleen Ranshaw-Fiorello
Office: Julie Pasquale, Newsletter
Kirsten Klueber, Outreach
Dave Hall, Van Driver
Jeannine DesJardins, Volunteer
Mealsite Coordinator: Mickie Locke
Board Members:

Claire Maimone, Chair
Esther Palardy, Vice Chair
Chandler Noyes, Treasurer
Jean Perley, Secretary/Clerk
Jeannine Desjardins, Dianne Prescott,
Corona Magner, Cynthia Tardif

Town of Georgetown:
Michael Farrell, Town Administrator
David Surface, Board of Selectmen
Gary Fowler, Board of Selectmen
Philip Trapani, Board of Selectmen
Stephen Smith, Board of Selectmen
Stuart Egenberg, Board of Selectmen

Georgetown COA Webpage is located on the town's official website www.georgetownma.gov.

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.

May 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 Rosemary Chix ¼, Scallop Pot, California Veg, Jello, Multigrain Brd	2 Sausage/Peppers/Onions/Sub Roll, Haystack Pot, Mixed Veg, Banana
7 Potato Crunch Fish, Whip Chive Pot, Green/Gold Beans, Apple, Dried Plums, Oatmeal Bread	8 Mild Chili/Tortilla Chips, LF Sour Cream, Corn, Pears, Wh Wh Bread	9 Cranberry Juice, Thai Chix, White Rice, Mixed Veg, Ice Cream Cup, LF Fruit Loaf
14 Chix Breast Fillet, Baked Pot, Carrots/Turnips, Ice Cream Cup, Wh Wh Dinner Roll	15 NO LUNCH: Byfield Luncheon	16 Krunchy Lite Fish, Pot Wedges, California Veg, Applesauce, Oatmeal Bread
21 Teriyaki Chix Breast, White Rice, Oriental Veg, Pineapple, Wh Wh Brd	22 LS Hot Dog/Bun, New England Baked Beans, Coleslaw, Apple	23 Rotisserie Chix Otr, Red Bliss Whip Pot, Tuscany Veg, Fig Bars, Oatmeal Bread
28 NO LUNCH: Memorial Day	29 Cranberry Juice, Chix Breast Fillet, Dirty Rice, Peas/Carrots, Oatmeal Cookie, Wh Wh Bread	30 Shepherd's Pie (Gr. Beef/Whip Pot/Corn), Fruited Jello, Oatmeal Bread

MAY VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 No Van–Brown Bag 12:30 Strength Training	2 9:00 Yoga 10:00 Visiting Nurse 3:30 Walking Club	3 9:30 Men's Breakfast 9:30 VAN: Walmart/Salem NH 10:45 Strength Training
7 9:00 SHINE appts. 9:30 Dolls 10:00 Jen Cook, ESMVappts. 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	8 9:30 VAN: Rowley 9:30 Mother's Day Tea 11:30 Lunch 12:30 Strength Training	9 9:00 Yoga 10:00 Elder Law 11:30 Lunch 3:30 Walking Club	10 10:30 VAN: Middleton & Richardson's Ice Cream 10:45 Strength Training
14 9:30 Dolls 10:30 Yoga 11:30 Lunch 1:00 Music Masters NO BINGO TODAY 3:30 Walking Club	15 9:30 VAN: Newburyport 11:30 Byfield Lunch 12:30 Strength Training	16 9:00 Yoga 10:00 Transition Group 11:30 Lunch 3:30 Walking Club	17 10:30 VAN: Plaistow, NH 10:45 Strength Training
21 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	22 9:30 VAN: Seabrook, NH 11:30 Lunch 12:00 COA Board Meeting 12:30 Strength Training	23 9:00 Yoga 11:30 Lunch 3:30 Walking Club	24 10:30 VAN: Newburyport & Park Lunch 10:45 Strength Training
28 Closed for Memorial Day	29 9:30 Van: Haverhill 11:30 Birthday Lunch 12:30 Strength Training	30 9:00 Yoga 10:00 Commission for Blind 11:30 Lunch 3:30 Walking Club	31 10:30 VAN: Target & Mann's Orchard 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.