



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... On the first day of solemnly told me that she would agree to town's lower elementary school but she upper elementary school and she would not



across the river and she definitely would not go to college. I straightened the straps of her pink overalls, tied her favorite blue ribbon around her ponytail and told her not to worry, that she would know when she would be ready for each of those next steps. Off she went to Kindergarten and, before we knew it, the move-up to grade three at the "big" school had arrived. A whirlwind of book reports, concerts, science fairs, orthodontic appointments and softball games quickly brought us to sixth grade awards and the move to middle school. Although she no longer wore overalls to school, I still straightened her

dress and smoothed a pony tail on her first day of seventh grade, assuring us both that she was ready for this next step in her life. Then, I turned around and she was standing in front of me dressed in her graduation gown ready for college and all of what would be next in her life. I wasn't sure that I was ready. College quickly led to graduate school and, whether we were ready or not, she was suddenly an adult



living on her own and caring for others in the work that she was born to do. When she called to tell us that she was engaged to marry the love of her life, we knew that they were both ready for all that their new life together would bring. With her wedding day now here, I know that I won't be asked to straighten her overall straps or tie a ponytail ribbon, but I hope that I can smooth a curl or two and let her know how proud we are of all the steps that she has taken and the wonderful next steps that are yet to come. Our hearts know that she is more than ready, and so are we!



Older American Day Celebration



Last month's celebration of both Older Americans Month and the 50th anniversary of the Older Americans Act, gave the Georgetown Council on Aging an opportunity to acknowledge the significant contributions that elders make to our communities. The nation-wide theme of "Get Into the Act!" was beautifully reflected in the performance provided by the Music Masters. Providing quiet gifts of time, talent and wisdom, elders are the backbone of a healthy and caring community. We are grateful for the support of the Georgetown Cultural Council, the talents of the Music Masters and to volunteer baker extraordinaire Monica Chouinard for helping us to "Get Into the Act" with a wonderful celebration of the elders who live in our community and across our country.

Building Project Update

With the overwhelming support of voters at the annual town meeting to use \$45,000 to design and plan renovations at the Perley School, the plan to establish a Senior Center facility at the Perley School is officially underway! During the summer, the Town will seek proposals for the design and engineering services necessary to repurpose five classrooms in the first grade and Kindergarten wing of the Perley School. Following the completion of the new Penn Brook School, the first grade and Kindergarten classes will move to the new school and the preschool classes and central office will remain at the Perley School. At the fall special town meeting, voters may be asked to support some additional money to complete renovations at the Perley School for the Senior Center. The future move to the new Senior Center will allow the COA to be more efficient and effective in providing programs and services. The new space will allow us to establish additional programs and better reflect the current and future needs of the community! We are very grateful for the Town's support and excited to move forward with the new Senior Center!

June Activities

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



CALL US AT 978-352-5726.



JUNE VAN SCHEDULE 2015

Shopping Date	Location	Recreation Date	Location
June 2	NO VAN – Brown Bag Only	June 4 9:30	Super Walmart/Salem, NH
June 9 9:30	Rowley	June 11 10:30	Target/Mann's Orchard/Methuen
June 16 9:30	Seabrook, NH	June 18 10:30	North Shore Mall/Peabody
June 23 9:30	Newburyport	June 25 10:30	Haverhill
June 30 9:30	Plaistow, NH	July 2 9:30	Super Walmart/Salem, NH

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 1, 9-11 a.m.

Now meeting at TOWN HALL, 2nd 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: Wed. June 3, 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. June 4, 9:30 a.m.

Trestle Way

Celebrate Father's Day. Enjoy breakfast and go home with a special treat! Dick Boucher will speak on Models and Metal Working. 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. NO 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:
Mon. June 15
9 a.m.

Sen. Bruce Tarr:
Tues. June 16
12 - 1 p.m.

HEALTH CARE DECISION DAY: Tues. June 9, 10:00 First Congregational Church See pg. 3 for details.

BYFIELD PARISH LUNCHEON:

Tues. June 16, 11:45 a.m. Contact the church for more info or to make reservations. 978-352-2022



JUNE BIRTHDAY: Wed. June 17, 11:30 First Congregational Church

Join us as we 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 6/10/15 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

CONSUMER PROTECTION FORUM: Tues. June 23, 10:00 First Congregational Church See pg. 3 for details.

FRIENDS OF THE GEORGETOWN COA: Mon. June 15 at 2:30 p.m. will be the last meeting before the summer hiatus. Meetings will resume on Mon. Sept. 21.

Meetings are held at Georgetown Peabody Library and are open to the public.

Free Legal Help offered by Atty. Elaine Dalton

Tues. June 23, 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

All classes are now held at First Congregational Church.
Thursday Strength Training Classes are on hiatus. Call for information.
 Newcomers & beginners welcome.
 There is a **SUGGESTED DONATION** of \$3.00 per class.

WALKING CLUB

**Last day to walk:
 Wed. June 10**

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.
	Thursday	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

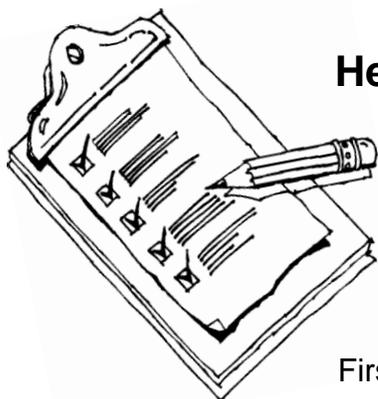
New Strength Training Schedule & Venue

As of June 1, Strength Training Classes, led by Pat Dumont, will resume meeting at **Trestle Way Community Building. See days/times above.** Please be mindful to park in non-resident parking only.

Consumer Awareness Forum

Presented by **Allyson Fiorello**

Constituent Services Coordinator
 Office of the Massachusetts Attorney General's
 Consumer Protection Division



Whys & Wherefores of Health Care Proxies

Presented by

Margot Birke

Elder Law Attorney

**Tuesday, June 9
 10 a.m.**

First Congregational Church

- Everyone should have a Health Care Proxy.
- The best time to sign one is before you need it!
- Find out why this document is so important & what you need to know.
- Create one on the spot if needed.
- **Don't put off learning about this important decision.**

Refreshments will be provided by Margot Birke of Elder Law Solutions in Newburyport.

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

Tues. June 23, 10 a.m.

First Congregational Church

Discussion will include:

- Variety of Consumer Awareness Topics.
- Bring your questions.

To assist with planning, please contact the COA at (978) 352-5726.



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COA Board Member, Corona Magner celebrated her 90th Birthday in April. She was surprised by a small gathering at Holloway's in Georgetown.



THE IRS IS STILL NOT CALLING YOU!

Despite previous notices, an elder living in Southeastern MA was the recent victim of an "IRS" scam that asked her to call two fraud telephone numbers, 347-389-0029 and 202-239-1716. Unfortunately, the elder did return calls to the fraud telephone numbers, providing her account number and other personal information. The IRS reminds people that they will never:

- ◆ Call to demand immediate payment or to talk about taxes owed without first mailing a bill.
- ◆ Demand that you pay taxes without providing an opportunity to question or appeal the amount owed.
- ◆ Require a specific payment method, such as a prepaid debit card.
- ◆ Ask for credit or debit card numbers over the telephone.
- ◆ Threaten to contact the local police or other law-enforcement groups to arrest you for not paying.

To report suspicious calls, call the Treasury Inspector General for Tax Administration at 1-800-366-4484.

Paving Scam

The Georgetown Police Department recently noted that paving scam artists have been reported in our community. The scam artists offered a local business the opportunity to have their parking lot paved with extra material from a local job that would allegedly save the business owner money but would require a sizeable discount. The Massachusetts Attorney General's office reminds us that paving scams are just one type of home repair/home improvement scams that often target elders and others. They are typically unlicensed and unregistered. If you are approached by someone selling home repairs, ask to see if they have a license and permit to solicit in town and verify the information with the police department. Never invite them into your home or provide them with personal information. For information about hiring a home improvement contractor, visit:
www.mass.gov/homeimprovement.



Local mothers (& mom's helper, AI) enjoyed the Annual COA Mother's Day Breakfast Tea in May.

Farmer's Market Scheduled at Nunan's

Nunan's Florist & Greenhouses will be hosting the Farmer's Market on Thursdays from June 18 – Oct. 15 from 2:30 – 6 p.m. rain or shine. For more information, call Linda at (978) 352-8172 or email her at linda@nunans.com.

Coming Attractions:

Find more details in July's Newsletter.

Tues. July 14: Ice Cream Social (First Congregational Church) July is National Ice Cream Month. Join us for a cool treat **directly after lunch** (approx. 11:45 a.m.).



Tues. July 21: Pastel Workshop, 9-11 a.m. (First Congregational Church)



Wed. July 29: Tinnitus and Hearing Seminar presented by Digital Hearing Healthcare. (First Congregational Church) The morning will begin with a **continental breakfast at 9:30 a.m.** followed by the educational **seminar at 10 a.m.**

Free Fun Fridays

Museums/Cultural Events Free To the Public
June through August

June 26: Tanglewood, Norman Rockwell Museum, The Mount: Edith Wharton's Home, Worcester Art Museum, MIT Museum, Peabody Essex Museum, The House of Seven Gables

July 3: Boston Children's Museum, Heritage Museums/Gardens, Falmouth Museums on the Green, Berkshire Museum, Amelia Park Children's Museum, Naumkeag/Trustees of Reservations, Old Manse/Trustees of Reservations

July 10: E.M. Kennedy Institute, Cape Cod Maritime Museum, New Bedford Whaling Museum, Children's Museum/Holyoke, Volleyball Hall of Fame, Danforth Art, New England Historic Genealogical Society

July 17: Museum of Fine Arts, Larz Anderson Auto Museum, The Sports Museum, Cape Ann Museum, Children's Museum/Easton, Fitchburg Art Museum, Tower Hill Botanic Garden

July 24: Commonwealth Shakespeare Co., Arnold Arboretum/Harvard Un., Battleship Cove, Edward Gorey House, Pilgrim Hall Museum, Fruitlands Museum, Museum of Russian Icons

July 31: Sandwich Glass Museum, Cape Cod Museum of Art, Garden in the Woods, Wenham Museum, American Textile Museum, Eric Carle Museum

Fun Fridays are sponsored by Highland Street, Boston Globe & WCVB5. **For more information, contact Highland Street at HIGHLANDSTREET.ORG or call 617-969-8900.**

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 June 23, 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

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

Douglas Dawes, 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.

June 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 Maple Glazed Salmon, Scalloped Pot, Mixed Veg, Choc. Pudding, Wh Wh Roll	2 Pineapple Ginger Chix, Rice, Veg. Medley, Strawberry Cup, Italian Bread	3 American Chop Suey, Peas/Carrots, Orange, Rye Bread
8 Cheeseburger/Roll, Corn, Baked Potato Chips, Pineapple	9 Breaded Chix, Whip Pot., Carrot Coins, Apple, Light Rye Bread	10 Meatball Sub/ Sub Roll, California Blend Veg, Fresh Apple
15 Chix a la King, Whip Pot, Peas/Carrots, Applesauce, LF Muffin	16 <u>Byfield Parish Luncheon</u>	17 Mild Chili/Cheese/LF Sour Cream, Green Beans, Peach Cup, Tortilla Chips
22 Meatloaf/Gravy, Whip Chive Pot, Chuckwagon Corn, Strawberry Cup /Mandarin Oranges, Oatmeal Bread	23 Chix Cacciatori, Rice, Peas & Carrots, Mandarin Oranges, Wh Wh Bread	24 Stuffed Shells, California Blend Veggies, Apple, LF Muffin
29 Teriyaki Chix, Rice, Scandinavian Blend Veg., Pineapple, Multigrain Bread	30 Roast Pork, Mixed Veggies, Pears, Whip Sweet Pot., Oatmeal-Molasses Br.	

Stay Cool and Healthy....Eat Watermelon!

Watermelon contains more lycopene than raw tomatoes. * You can eat both watermelon rind and seeds. Black seeds contain iron, zinc, protein & fiber! * Watermelons are mostly water—a tasty way to stay hydrated/avoid dehydration. * Watermelon is rich in anti-inflammatory substances and also a source of Vitamin C, Vitamin B6, Potassium, Vitamin A & Magnesium. * One caution: eating watermelon can cause an increase in your blood sugar levels, so diabetics need to take care.

JUNE VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 9:00 SHINE appts. 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	2 No Shopping Van— Brown Bag 11:30 Lunch 12:30 Strength Training	3 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch 3:30 Walking Club	4 9:30 VAN: Walmart/Salem NH 9:30 Men's Breakfast 10:45 Strength Training
8 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	9 Van: Rowley 10:00 Health Care Proxies 11:30 Lunch 12:30 Strength Training	10 9:00 Yoga 11:30 Lunch Final Day for Walking Club	11 10:30 VAN: Methuen/Target & Mann's Orchard 10:45 Strength Training
15 9:00 Rep. Mirra/Office hrs. 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 2:30 COA Friends/Library	16 Van: Seabrook, NH 11:45 Byfield Parish Lunch 12:00 Sen. Tarr's Office Hrs. 12:30 Strength Training	17 9:00 Yoga 11:30 Birthday Lunch	18 10:30 VAN: North Shore Mall 10:45 Strength Training
22 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	23 9:30 Van: Newburyport 10:00 Free Legal Help by appt 10:00 Consumer Protection 11:30 Lunch 12:00 COA Board Meeting 12:30 Strength Training	24 9:00 Yoga 11:30 Lunch	25 10:30 VAN: Haverhill 10:45 Strength Training
29 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	30 Van: Plaistow, NH 11:30 Lunch 12:30 Strength Training	July 1 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch	July 2 <u>NO Mens' Breakfast</u> 9:30 VAN: Walmart/Salem NH 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.