



A FEW GRAY HAIRS



Happy 4th of July

July 2008

A Newsletter of the Georgetown Council on Aging

Vol. 10/Iss. 1

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Director's Notes...

On her first day of Kindergarten, I carefully dressed our eldest daughter in her favorite pink overalls. We picked out a matching short-sleeved shirt complete with puffy, gathered sleeves and a pink bow at the neck. She chose pink ribbons to wear around her brown pigtails and I tied her sneakers in double knots guaranteed not to undo during her first school day. Shortly after I turned my attention back to breakfast and packing morning snacks, I heard my daughter come tap-tapping down the hallway. With her younger sister riding on my hip, I stepped into the hallway just in time to see my daughter pirouetting in the playroom. Gone were the overalls and carefully tied sneakers. In place were a dressy white pinafore, white lace stockings and her white patent leather sneakers. Squealing with delight, she spun her pinafore, a vision in white, ready for the world.

With her wedding day now here, it seems as if the 25 years that have passed since that day were a blur of school days, softball games, cross country meets, concerts, science projects as well as a kaleidoscope of changing college dorm rooms. Suddenly, she is a mature young woman, already an accomplished teacher, planning her future with the love of her life. As her gown of white taffeta and gold brocade swirls around her, she is once again a vision in white, ready for the world while her Kindergarten self pirouettes in my heart.

Summer Heat Precautions

During a heat wave the body has to work extra hard to maintain a normal temperature. Excessive heat can result in serious health threats by pushing the human body beyond its limits. Young children, elderly people, and those who are sick or overweight are most at risk. **Measures for Preventing heat related illnesses suggested by the state Department of Public Health include:**

- **NEVER** leave children or pets alone in closed vehicles.
- Slow down, avoid strenuous activity.
- Avoid too much sun.
- Plan outdoor games and activities for early morning or evening.
- Avoid extreme temperature changes.
- Stay indoors as much as possible; use fans or air conditioners to cool the air.
- Wear loose-fitting, lightweight, light-colored clothing that will cover as much skin as possible.
- Protect face and head by wearing a wide brimmed hat.
- Drink plenty of fluids, even if you do not feel thirsty, and avoid alcoholic beverages.
- If you experience heat cramps in your legs and abdomen, apply firm pressure to cramping muscles or gently massage, replace fluids and consult your health care provider.
- If you experience heavy sweating, weakness, cold, pale and clammy skin, weak pulse with fainting or vomiting, you may have heat exhaustion. Lie down in a cool place, loosen your clothing and apply cool wet cloths. Fan or move the affected person to air-conditioned place. Take sips of water and consult your health care provider.
- Heat stroke or sunstroke is a medical emergency that occurs when the body's temperature control system, which produces sweating to cool the body, stops working. Heat stroke is characterized by high body temperature, hot, dry skin and rapid, strong pulse. Possible unconsciousness may occur and the individual is likely to not sweat. Call 911 or emergency medical services or get the person to a hospital immediately. Move to a cooler environment. Try a cool bath or sponging to reduce body temperature. Use fans and/or air conditioners, to cool the body. **DO NOT GIVE FLUIDS.**



July Activities

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

JULY VAN SCHEDULE 2008

Shopping Date	Location	Recreation Date	Location
July 1	Brown Bag Only-No Van	July 3	Super WalMart/Salem, NH
July 8	Rowley	July 10	Century House/Liberty Tree Mall
July 15	Middleton	July 17	Mann's Orchard Restaurant/Target, Methuen
July 22	Newburyport	July 24	Park Lunch Restaurant, Newburyport
July 29	Seabrook, NH	July 31	York Beach, York ME

COMPUTER CLASSES: Reginald Tardif a volunteer with SeniorNet will present a program on computer classes for older learners on **Tuesday July 1st, 10 a.m.** To help with planning for the event, please call (978) 352-5726.

VISITING NURSE: **Wed., July 2nd, 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. She is also available for Trestle Way residents in their Community Building from 1:00-3:00 p.m.

SHINE Office Hours: Do you have health insurance questions? **SHINE Counselor, Marilyn Diehl** will be available **Mon., July 7th 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.

ESMV CASE MANAGER: **Jennifer Cook** will hold office hours at the Senior Center on **Mon. July 7th at 10:00 a.m.** She will be available to meet with local elders to discuss programs and services available through Elder Services of the Merrimack Valley (ESMV).

ELDER LAW EDUCATION PROGRAM: Newburyport **Attorney Margot Birke** will present an overview of Medicare and Medicaid as well as other legal issues that often face elders **Tuesday July 8, 10 a.m.** To assist with planning, please call (978) 352-5726. See page 3 for more details.

MANICURES: **Heidi Garozzo**, licensed manicurist, will be at the Senior Center for regular and French manicures on **Tues., July 15th**. Rates: \$8/regular and \$12/French. Please contact the COA at (978) 352-5726 for appointments.

LOCAL AUTHOR TO SPEAK: Local author, **Coralie Hughes Jensen**, of North Andover will read and discuss her work **Wednesday July 16, 10 a.m.** Book signings & sales to follow. Refreshments will be served. See details on page 3.

JULY BIRTHDAY PARTY: Join us on **Tuesday, July 22nd at 11:30 a.m.** to celebrate! Birthday celebrants will receive a free lunch (everyone else is \$2) and there is cake and ice cream for all. Lunch reservations are required. **RSVP before 7/15/08 to assist with planning.**

WRITING WORKSHOP: Join Colleen on **Tues., July 29th at 10 a.m.** as you write about your favorite **Summer Past-times**. Please sign-up by calling the COA at (978) 352-5726.

ICE CREAM SOCIAL: To help celebrate National Ice Cream Month join us on **Wed., July 30th at 11:30 a.m.** for an **Ice Cream Sundae Buffet**. The cost is \$3.00 which includes lunch. Reservations are required. Please call (978) 352-5726 before 7/23/08.

Grief Support Group Workshop August 6, 13 and 20 Facilitated by Beacon Hospice, Merrimack Valley Hospice or Hospice of the North Shore, Anna Jaques Hospital will offer special one-day workshops on Surviving a Loss - Wednesday August 6, 10-11:30 a.m., August 13, 4:30-6 p.m. and August 20, 7-8:30 p.m. in the Higgins Resource Conference Room.

Discussion Group on Alzheimer's Disease & Memory Loss Disorders at Atria Dr. Buck Woo, neuropsychologist from Anna Jaques Hospital and Merrimack Valley Hospital will lead a discussion group about Alzheimer's disease and other memory-loss disorders on the **second Monday of every month, 6-7 p.m.** at **Atria Merrimack Place**, 85 Storey Avenue, Newburyport. A guest speaker will be featured at every meeting and refreshments will be served.

NO MEN'S BREAKFAST IN JULY

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	With the arrival of summer vacations and warming weather, the Walking Club is on hiatus until September. Watch the newsletter for further information.
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.	

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	The 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

LOCAL AUTHOR TO SPEAK

The author of several novels and mysteries, **Coralie Hughes Jensen** of North Andover will read and discuss her work **Wednesday July 16, 10 a.m.** at the First Congregational Church. With books on sale after the presentation, she will also be available to sign her books. Refreshments will be served. Join us for a morning of conversation about reading and writing.

Summer Food Safety Tips

With summer in full swing, it is important to remember the importance of food safety when preparing food in the summer heat. The warm and humid summer weather can provide the perfect breeding ground for bacteria such as Salmonella and E. Coli, often the culprit in food-borne illness. To minimize the risk of food-borne illness in the summer, state Office of Health and Human Services suggest the following tips:

- Serve hot food hot at a temperature of 140 degrees Fahrenheit or 60 degrees Celsius
- Keep cold foods cold at a temperature of 40 degrees Fahrenheit or 410 degrees Celsius
- Cook food properly and as close to eating time as possible
- Separate raw and cooked foods. Use separate cutting boards for cooked and raw foods, wash your hands along with all dishes, tools, utensils and counter tops with hot soapy water
- Chill foods promptly, thawing food in the refrigerator or in the microwave on defrost
- Place poultry below other foods in the refrigerator to prevent other foods from becoming contaminated with poultry juices
- Use an insulated cool bag to protect food from the summer heat while transporting food home from the grocery store.

Information on Computer Class Program

With computers and information technology playing greater roles in our daily lives, volunteer instructor **Reginald Tardif** will present a program on class opportunities available through **SeniorNet Computer Learning Lab** on **Tuesday July 1, 10 a.m.** at the First Congregational Church. Located off Route 495 at Elder Services of the Merrimack Valley, the SeniorNet program offers on-going 8-week classes for older learners on computer basics, E-Mail and exploring the Internet. Featuring small class sizes, an 8-week class cost for SeniorNet members is \$75. Cost for non-SeniorNet students is \$115 but includes a one-year membership in SeniorNet. For further information, call 1-800-892-0890, ext. 1516.

Elder Law Education Program July 8

As we age, medical, financial and legal issues are often interrelated. With appreciation to the annual Elder Law Education Program recently presented across the state by volunteer attorneys through the Probate Section of the Massachusetts Bar Association, Newburyport **Attorney Margot Birke** will present an overview of Medicare and Medicaid as well as other legal issues that often face elders **Tuesday July 8, 10 a.m.** To assist with planning for the event, please call (978) 352-5726.

Economic Stimulus Payment Information

Starting in May, the U.S. Treasury began to issue economic stimulus payments to more than 130 million U.S. households. Although the traditional April 15 filing date has passed, it is not too late to file a federal return in order to receive an economic stimulus payment. Federal tax returns for the economic stimulus payment can be filed as late as October 15, 2008. To receive a payment, taxpayers must have a valid Social Security number, \$3,000 of income and file a 2007 federal tax return. The Internal Revenue Service (IRS) is responsible for processing and disbursing payment. Eligible individuals will receive up to \$600 (\$1,200 for married couples), and parents will receive an additional \$300 for each eligible child younger than 17. For further information, call the Georgetown COA at (978) 352-5726.

Economic Stimulus Scam Alert

The U.S. Treasury has begun to issue economic stimulus payments according to the last two digits of the filer's Social Security number. Please be aware that identity thieves are currently pushing telephone and e-mail scams involving the stimulus payments.

According to Elder Affairs, the IRS has confirmed and documented a number of the scams including the rebate phone call, refund e-mail, audit e-mail, changes to the Tax Law e-mail and the paper check phone call. Consumers are advised to initiate direct contact by typing IRS.gov rather than clicking on a link in an e-mail or opening an attachment. To reduce the possibility of becoming a victim of identity theft, Elder Affairs cautions us to never provide personal identifying information to an electronic request that we did not originate.

GEORGETOWN (FREE) SUMMER CONCERT SERIES

July & August 2008

Sundays 5-7 p.m.

American Legion Park ~ Georgetown, MA

Rain Location: Penn Brook School

- 7/6 Orville Giddings – Rock, R&B
- 7/13 Rust Never Sleeps – Neil Young cover band
- 7/20 Don't Call Me Shirley – 80s, 90s/rock, pop
- 7/27 Darby Tench – Comic, Interactive Opera
- 8/3 Simons & Goodwin – Folk, rock
- 8/10 Rte 97 North – Beatles
- 8/17 Battle of the Bands – Local Talent!

Sponsored by the Georgetown Cultural Council.

Music at Eden's Edge

2008 Summer Chamber Music Series

Seniors are invited to attend **free chamber music concerts** on **Tuesday afternoons** from **June to September** at the North Shore Unitarian Universalist Church located at 323 Locust Street in Danvers. Concerts start at **2 p.m.** Please arrive at least 20 minutes early. Guests are invited to stay for refreshments and conversations with the artists following each performance. Concerts are handicapped accessible with ample parking.

Concert schedule:

Tuesday July 12 – “At the Edge of July's Garden” featuring the world premier of “Listening to the Sea Winds” by Howard Rovics.

Tuesday July 29 – “High Summer Suggestion: Mostly Viennese” including piano trios, Mozart E. Major, K. 542 and Haydn C Minor and the Strauss Cello Sonata..

Tuesday Aug. 29 – “The French-American Connection” with Cello E Basso from Ave Maria to Gershwin's Porgy and Bess.

Tuesday Sept. 29- “September Turns Eastward” featuring Trio for Violin, Cello and Piano by Sviridov, Martinu's Duo No. 1 and Schubert's E Flat Trio, Op. 100.

Do You 'Clerihew'?

July 10th is Clerihew Day: the birthday of Edmund Clerihew Bentley. Although a fiction writer, Bentley is best known for the four-line verse form that bears his middle name: **the clerihew**.

The **clerihew** is a biographical form that begins with the subject's name (or at least contains it in the first line). It is made up of two rhyming couplets (thus the rhyme scheme is AABB). The only other requirement of the form is that it should be light hearted or humorous.

Try writing one of your own. You could write about:

- A friend & use it in a birthday card;
- Someone in the news or favorite fictional character;
- Autobiographically, as your epitaph.

Example:

Seniors in Georgetown

Love to go downtown

Finding fun at The Center

Spring, Summer, Fall, Winter!

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 40 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 PANTRY

For more information, contact Trestle Way at (978) 352-6331.

Updated 3/16/08

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

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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 July 22, 2008**

Town of Georgetown:

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

Barbara Miller, Vice Chairman

Joe Young, Treasurer

Diane Prescott, Secretary/Clerk

Bertha Foster ~ Marian Jordan

Corona Magner ~ Rosemary Morse

Ginny Ryder ~ Claire Maimone (Alternate)

Chandler Noyes (Alternate)

**Georgetown COA
Webpage**

is located on the town's official website www.georgetownma.gov. the COA webpage now includes links to recent newsletters, along with information regarding volunteer opportunities, outreach, transportation, and health and wellness services. From the town's website, users can access the COA webpage by selecting the link to Town Departments and then the link to the COA webpage.

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.

July Van & Activities Calendar

Monday	Tuesday	Wednesday	Thursday
6/30/08 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	1 VAN: Brown Bag Only 10:00 Computer Class Info 11:30 Lunch 12:30 Strength Training	2 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch	3 VAN: WalMart/Salem NO MEN'S BREAKFAST 11:00 Strength Training
7 9:00 SHINE 9:30 Dolls 10:00 Jen Cook, ESMV Hrs 10:30 Yoga 11:30 Lunch 12:00 Bingo	8 VAN: Rowley 10:00 Atty. Margo Birke 11:30 Lunch 12:30 Strength Training	9 9:00 Yoga 11:30 Lunch	10 VAN: Century House/ Liberty Tree Mall 11:00 Strength Training
14 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	15 VAN: Middleton 9:30 Manicures 11:30 Lunch 12:30 Strength Training	16 9:00 Yoga 10:00 Carolie Jensen/ Authr 11:30 Lunch	17 VAN: Mann's Orchard Restaurant/Target Methuen 11:00 Strength Training
21 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	22 VAN: Newburyport 11:30 Birthday Lunch 12:00 Board Meeting 12:30 No Strength Training	23 9:00 Yoga 11:30 Lunch	24 VAN: Park Lunch Rest./ Newburyport 11:00 NO Strength Training
28 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	29 VAN: Seabrook, NH 10:00 Writing Workshop 11:30 Lunch 12:30 Strength Training	30 9:00 Yoga 11:30 Ice Cream Social (\$3 incl. Lunch)	31 VAN: York Beach, ME 11:00 Strength Training

Van Trips: The cost is \$2.00 roundtrip. The Shopping Van (includes Super Wal-Mart) 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.

"Old age ain't for sissies."

~Actress Bette Davis

July 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

	1 Stuffed Salmon/Dill Sauce, Herb Mashed Pot., Mixed Vegetables Fresh Fruit, Multigrain Bread	2 Turkey Ham/Fruit Sauce, Wh Wh Roll Broccoli/Cauliflower/Red Peppers, Scalloped Pot., Tapioca Pudding
7 Swiss Steak/BBQ Gravy, Whipped Pot., Peas and Carrots Chilled Peaches, Whole Wheat Roll	8 Baked Chicken Breast, Broccoli & Ziti Fresh Baked Cookie, Dark Rye Bread	9 Make Your Own Shepherd's Pie: Seasoned Ground Beef, Mashed Pot., Kernel Corn, Fresh Fruit, Multigrain Bread
14 Chicken Patty Sandwich/Wh Wh Roll Hot Potato Salad, Green & Gold Beans Fresh Fruit	15 Meatballs/Pasta/Marinara Sauce, Carrot Coins, Chilled Apricots, Italian Bread Stick	16 Orange Juice, Cheese Omelet, Homefries w/Onions & Peppers, Cheerios, Low Fat Muffin
21 BBQ Beef Rib/Sandwich Roll, Baked Beans, LS Potato Chips, Chilled Pineapple	22 Bkd Chicken/Pineapple Ginger Sauce, Whipped Pot., Oriental Blend Veggies, Fruit Smoothie, Pumpnickel Bread	23 Grape Juice, Whole Wheat Bread, Cheese Lasagna/Marinara Sauce, Carrots and Celery, Applesauce
28 Fruit Punch, Potato Crunch Fish, Rice/Peas/Mushrooms, Brussel Sprouts Chocolate Pudding, Multigrain Bread	29 Apple Juice, Hamburger/Roll Mixed Vegetables, Potato Chips, Fruited Gelatin	30 Baked Ham/Fruit Sauce, Whip Sweet Pot., Italian Blend Veggies, Chilled Pineapple, Whole Wheat Bread

Salmon with Lemon & Dill

Serves: 2

Total Prep time: 35 mins.

INGREDIENTS

1/2 pound salmon fillets
2 tablespoons butter, melted
2 tablespoons and 1-1/2 teaspoons lemon juice
1-1/2 teaspoons dried dill weed
1/8 teaspoon garlic powder
sea salt to taste
freshly ground black pepper to taste

DIRECTIONS

- ❖ Preheat oven to 350 degrees F (175°)
- ❖ Lightly grease a medium baking dish
- ❖ Place salmon in the baking dish.
- ❖ Mix the butter and lemon juice in a small bowl, and drizzle over the salmon.
- ❖ Season with dill, garlic powder, sea salt, and pepper.
- ❖ Bake 25 minutes in the preheated oven, or until salmon is easily flaked with a fork.

California Salmon
~July~
Month