



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... There is something about the start of September that turns everyone's thoughts back to school days. No matter our age, the first hint of color on the maple trees and crispness in the air causes us all to feel that we should go out and buy new colored pencils and an extra stack of spiral bound notebooks! Although I don't miss the stress of nightly homework and 500 word essays, I miss the academic atmosphere and the excitement that I felt of starting a new school year with new classes and studies. But, it is also the teachers who taught me at different times in my academic career that I think of as September arrives. Every time I use a dictionary, I think of my fifth grade teacher Mr. Gilhully. "This book will be your best friend," he said, holding up a copy of our student-issue dictionary while standing in front of our class of 35, (five rows of seven students with the most near-sighted sitting in the front!). It was the first year of our upper elementary school experience. The classroom was located on the second floor of the school, which added to the glamour of moving up in the academic world! Carefully teaching us the dictionary skills needed to check our spelling and find the definitions that we needed for language arts homework, he also taught us the basics of research work at that time. Advising us to carefully evaluate a research book's index and table of contents, we learned to use the encyclopedias and reference books that were available in our school library for book reports and social study projects. I can still recall researching Peter the Great, the Russian czar, for Social Studies and writing the report with my green fountain pen, after I passed a handwriting test! As September arrives, I hope that you can join us to celebrate National Senior Center Week for music and fun with Russ McQueen, important medication information with a program presented by Central Street Pharmacy or perhaps an exercise class, or just for a cup of coffee and a visit. Lunch boxes are optional and homework is not required!



Statewide Immunization Registry

A new Massachusetts law now requires healthcare providers to report all patient immunization information to a computerized immunization registry called the MIIS (Massachusetts Immunization Information System). This new statewide system will keep track of your vaccinations (shots) for you and your healthcare providers. All information in the MIIS is kept secure and confidential and is only available to health care providers, local boards of health, schools and any state agencies concerned with immunizations. The goal of this program is to ensure that everyone in Massachusetts is up-to-date with their shots and that your records are available when you need them. For example, if you receive your flu shot at the Council on Aging or at your Primary Care Physician's office, it will be entered into the MIIS. You have the right to limit who can see your vaccination information by filling out an 'Objection to Data Sharing' form from your health care provider. However, if you decide to limit who can see your information, your current physician may not be able to see your complete immunization history. For more information on this program, visit www.mass.gov/dph/miis.

Eastern Essex District's Dept. of Veterans' Services Names New Veterans Service Director

Karen Tyler was recently named as the Veterans Service Director for the Eastern Essex District. The Board of Directors of the Eastern Essex District announced that Karen will succeed Ryan Lennon, who left the district earlier this spring for a position with the Massachusetts Environmental Police. Previously, Karen served as the Human Resources Director in Service. During her services in the Army as a Mental Health Specialist, Karen was recognized for outstanding service and received the Army Medical Research Award as well as the Army Certificate of Achievement. Karen holds both a Master's Degree in Public Achievement as well as a Graduate Certificate in Human Resources Management. Karen will be our guest speaker at Men's Breakfast on Thurs. Nov. 5, 9:30 a.m. at Trestle Way. We look forward to welcoming Karen in her new position. To contact the Eastern Essex District's Department of Veterans' Services, please call 978-356-3915 or email e.essex.vets@verizon.net.

The COA and all activities will be closed on Monday, September 7 for Labor Day.

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

September Activities

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



CALL US AT 978-352-5726.



S E P T E M B E R V A N S C H E D U L E 2 0 1 5

Shopping Date	Location	Recreation Date	Location
Sept. 1	NO VAN – Brown Bag Only	Sept. 3 9:30	Super Walmart/Salem, NH
Sept. 8 9:30	Rowley	Sept. 10 10:30	North Shore Mall/Peabody
Sept. 15 9:30	Seabrook, NH	Sept. 17 10:30	Mann's Orchard/Target/Methuen
Sept. 22 9:30	Plaistow, NH	Sept. 24 10:30	Haverhill
Sept. 29 9:30	Newburyport	Oct. 1 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!

VISITING NURSE: Wed. Sept. 2 10 – 11 a.m.

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. Sept. 3, 9:30 a.m.

Trestle Way

Local historian Rev. William Boylan will be speaking. 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.** Next breakfast: Thurs. Oct. 1. Speaker TBA.

SHINE OFFICE HOURS: Mon. Sept. 21, 9-11 a.m.

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.

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:
For Date/Time
Call: (617) 722-2130
Email:
Leonard.Mirra@MAhouse.gov

Sen. Bruce Tarr:
Tues. Sept. 15
10:30-11:30

RUSS MCQUEEN/PATRIOTIC MUSIC: Tues. Sept. 8, 10
First Congregational Church See pg. 3 for details.

MEDICATION FORUM: Wed. Sept. 9, 10
First Congregational Church See pg. 3 for details.



SEPT. BIRTHDAY: Tues. Sept. 29, 11:30
First Congregational Church

Join us as we send best wishes to our friends who were born in September. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 9/22/15 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

FRIENDS OF THE GEORGETOWN COA: Mon. Sept. 21
2:30 p.m. at Georgetown Peabody Library. Meetings are open to the public.

Free Legal Help offered by Atty. Elaine Dalton

Tues. Sept. 22, 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

Yoga classes are held at First Congregational Church.
Strength Training Classes are held at Trestle Way.
Newcomers & beginners welcome.
There is a SUGGESTED DONATION of \$3.00 per class.

WALKING CLUB

Is on summer hiatus.
Check back in the fall for
scheduling details.

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.

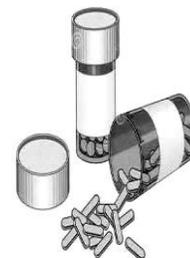


B	I	N	G	O
12	21	38	49	63
Georgetown Senior Center		40	Trestle Way Community Room	
Every Monday at noon	Cost: \$1.00/card covers up to 10 Games	Free Space	1 st & 3 rd Wednesdays each month at 1:00 p.m.	Cost: 50¢ & 75¢ per game.
		33		
For more info, call (978) 352-5726		33	Contact: GHA (978) 352-6331	
2	29	45	50	72

Please note: When attending any class or program scheduled at Trestle Way, please be mindful to park in non-resident parking only.

Medication Forum

Presented by
Steven MacNeill, Reg. Pharmacist
Owner of Central Street Pharmacy



Wed. Sept. 9, 10 a.m.
First Congregational Church

Topics will include:

- medication adherence
- options for managing medications
- pharmacy services

Light refreshments will be served.

For more information or to let us know that you plan to attend, contact COA at (978) 352-5726.



Looking ahead

Delvena Theater Company returns Wed. October 28 10 a.m. at First Congregational Church to perform the play "Roosevelt Ladies"

- Look into the life of Eleanor Roosevelt & her family.
- A special tea is planned for the audience.
- Free to the public.



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

Celebrate National Senior Center Month

Russ McQueen In Concert

Tuesday Sept. 8, 10 a.m.

First Congregational Church



- A concert of Patriotic Favorites
- Light refreshments will be served.

For more information or to let us know that you plan to attend, contact COA at (978) 352-5726.



This program is supported in part by a grant from the Georgetown Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



*"Aging is not 'lost youth,'
but a new stage of
opportunity & strength."*

~Betty Friedan



Home Improvement Applicants Sought

Rebuilding Together is now accepting applications for no-cost home repair assistance on the Annual Rebuilding Day on Saturday, April 30, 2016. The application **deadline is Thurs. Dec. 31.**

Applicant eligibility:

- Own and occupy your home for at least 2 years
- Live in the Greater Haverhill area (Haverhill, Groveland, Georgetown, Boxford, Merrimac, West Newbury, and Plaistow, NH)
- Meet Federal HUD low-income guidelines (Call for info)
- Are elderly, disabled, veteran or a family with young children
- Priority is given to homes that need safety and accessibility modifications. Other restrictions may apply.

If you or someone you know needs help with home repairs, modifications (such as grab bars or a wheelchair ramp), energy efficiency, please ask for an application by calling: 978-469-0800 or email RTogether@verizon.net

SCAM ALERT!

The Executive Office of Elder Affairs (EOEA) has uncovered a new scam targeting elders. This scam aims to get personal medical information to falsely bill the government (Medicare). The impersonator **uses the name of the local COA director** and proceeds to ask "a few questions" (i.e., doctor's name; meds; Medicare number). Please remember! **NO ONE WOULD EVER CALL AND ASK FOR YOUR MEDICARE NUMBER! JUST HANG UP!** If possible, get their phone number from the caller ID and contact local police. Never give personal information to someone unless you initiate the call and know to whom you are speaking.

Medicare Open Enrollment Oct. 15-Dec. 7

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2016: *it is important to review, understand and save this information!*

During **Medicare Open Enrollment, from October 15th to December 7th**, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. Learn more about how SHINE can help, call the Georgetown COA at 978-352-5726!

NOTE: There will be a **Medicare Forum** held on **Monday, Oct. 26 at 10 a.m.** at Town Hall, 3rd Floor. More info in the next newsletter.



Georgetown Farmer's Market

Nunan's Florist & Greenhouses will be hosting the Farmer's Market on Thursdays through Oct. 15 from 2:30 – 6 p.m. rain or shine. For more

information, contact Linda: (978) 352-8172 or linda@nunans.com. (This market **IS** a participant in the Senior Farmer's Market Coupon program.)



ESMV's Annual Farm-to-Table Tasting

Elder Services of the Merrimack Valley,

Inc. is excited to announce that they will

be hosting their 3rd annual **Farm-to-Table Tasting**. These events aim to inspire, educate and create awareness around local, fresh food options and resources that are available. It is **free** of charge.

Two separate Tastings have been scheduled locally:

- Spencer-Pierce-Little Farm, Newbury ~ Thurs. Sept. 3, 2 p.m. Limit: 35 elders ~ RSVP by Tues. Sept. 1.
- Tattersall Farm, Haverhill ~ Thurs. Sept. 10, 2 p.m. Limit: 40 elders ~ RSVP by Tues. Sept. 8

For questions or to RSVP, contact Justin Jordan at (978)946-1279 or jjordan@esmv.org



Music at Eden's Edge Summer Series

Music at Eden's Edge Senior/Family Series: free summer concerts at the North Shore Unitarian Universalist Church, 323 Locust Street, Danvers. NSUUC offers ample parking, shade and is fully handicapped accessible. Guests are always invited to stay for refreshments and conversations with the artists following the concerts. It is an enjoyable time for all – and it is all still *free!* The final concert in this series is **Tuesday September 15: Across the Centuries** (Music from 17th-20th centuries for baroque quartet).

COA Summer Art Programs A Hit



↑ **Zentangle Bookmarks Class**

← **Pastels Workshop**
with Greg Maichack

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 September 22, 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

Susan Gardiner, Treasurer

Jean Perley, Secretary/Clerk

Corona Magner, Esther Palardy, Diane

Prescott, Nancy Thompson, Caroline

Sheehan, Ann Stewart-alternate,

Dick Boucher-alternate

Town of Georgetown:

Michael Farrell, Town Administrator

Philip Trapani, Chair, Board of Selectmen

Douglas Dawes, Board of Selectmen

Stuart Egenberg, Board of Selectmen

Gary Fowler, Board of Selectmen

David Surface, 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.

September 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.

Congregate meals are 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 Tuna Pasta Salad, Cucumber Salad, Spinach Salad/Mandarin Oranges, Sandwich Roll, Fruit	2 American Chop Suey, Peas, Carrots, Natural Grain Bread, Choc. Chip Cookie
7 CLOSED: Labor Day	8 Pineapple Glazed Pork Loins, Roll, Scalloped Pot, Mashed Cauliflower, Fruit	9 Stuffed Shells/Marinara, Sautéed Spinach, Rye Bread, Fresh Fruit
14 Sliced Turkey Breast/White Cheddar over Salad Greens, 4 Bean Salad, Bun, Lemon Cookie	15 Tomato Onion Frittata, Pot O'Brien, Chef Blend Veg, Wh Wh Bread, Mixed Fruit	16 Macaroni/Cheese/Crumb Topping, Broccoli, Wheat Roll, Fruit
21 Sliced Pork Roast/Gravy, Mashed Sweet Pot, Cabbage/Garlic/Onions/Red Cabbage, Honey Wh Roll, Cinnamon Roll	22 Egg Salad/Shredded Lettuce/Wh Wh Pita, English Pea Salad, Oatmeal Cookie	23 Cheese Ravioli/Tomato Sauce, Garlic Green Beans, Oatmeal Bread, Fruit
28 Shepherd's Pie, Peas/Carrots, Wh Wh Bread, Sliced Pears	29 Peach Glazed Chix, Scalloped Pot, Broccoli/Cauliflower, Roll, Fruit	30 LS Hot Dog/Wh Wh Roll, Baked Beans, Chef Blend Veg, Melon

Sept. 12 is **CHOCOLATE MILK SHAKE DAY!** Enjoy this easy version of a beloved favorite.



1 c skim milk ~ 1/3 c instant non-fat dry milk powder ~ 1 T unsweetened cocoa ~ 1 tsp. vanilla ~ 2-3 tsp. sugar ~ 5-6 ice cubes



Place milk, milk powder, cocoa, vanilla & sugar in blender. Cover & blend at high speed until smooth. Remove center of cover & add ice cubes, one at a time, blending until each is thoroughly crushed. Serve immediately.

Serves: 2

SEPTEMBER VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 No Shopping Van-- Brown Bag 11:30 Lunch 12:30 Strength Training	2 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch	3 9:30 Mens' Breakfast/TW 9:30 VAN: Walmart/Salem NH 10:45 Strength Training
7 CLOSED: Labor Day	8 9:30 Van: Rowley 10:00 Russ McQueen/Patriotic 11:30 Lunch 12:30 Strength Training	9 9:00 Yoga 10:00 Medication Forum 11:30 Lunch	10 10:30 VAN: North Shore Mall 10:45 Strength Training
14 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	15 9:30 Van: Seabrook, NH 10:30-11:30 Sen. Tarr Off. Hr. 11:30 Lunch 12:30 Strength Training	16 9:00 Yoga 11:30 Lunch	17 10:30 VAN: Mann's Orchard & Target/Methuen 10:45 Strength Training
21 9:00 SHINE appts. 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 2:30 COA Friends/Library	22 9:30 Van: Plaistow, NH 10:00 Free Legal Help by appt 11:30 Lunch 12:00 COA Board Meeting 12:30 Strength Training	23 9:00 Yoga 11:30 Lunch	24 10:30 VAN: Haverhill 10:45 Strength Training
28 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	29 9:30 Van: Newburyport 11:30 Birthday Lunch 12:30 Strength Training	30 9:00 Yoga 11:30 Lunch	Oct. 1 9:30 Mens' Breakfast/TW 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.