



# A FEW GRAY HAIRS



A Newsletter of the Georgetown Council on Aging  
Email: [cfiorello@georgetownma.gov](mailto:cfiorello@georgetownma.gov)

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Website: [www.georgetownma.gov](http://www.georgetownma.gov)

**Director's Notes...** With its crisp mornings and brightly colored foliage, the fall brings plenty of memories of fun times with a young family. Hand-made Halloween costumes and apple-picking trips are all happy memories, but my favorite fall tradition is the annual return of Baby Pumpkin. Dating back to when our older two daughters were preschoolers, Baby Pumpkin was a small pumpkin purchased for pumpkin pie. After carving a large Jack O'Lantern, I drew a silly face on the smaller pumpkin, explaining that we would save it for pumpkin pie. As I finished drawing its face, our younger daughter scooped up the little pumpkin and ran out of the kitchen, brown curls bouncing in her wake. I soon found her playing with stuffed animals and blocks, the little pumpkin by her side. For several days, the little pumpkin rode in doll carriages or was carried in bags filled with treasures. Finally the little pumpkin's stem rotted and fell off and our daughter moved on to other games. I was free to make the pumpkin pie. At dinner, the pie was a hit. After scooping up bites of creamy cooked pumpkin, our younger daughter suddenly paused and looked at me with startled eyes. "But Mom," she cried, "Where is Baby Pumpkin?" How could I tell her that we were eating Baby Pumpkin? Scrambling for a happier answer, I told her that Baby Pumpkin was a magical pumpkin that could only come to play once a year. Now that Halloween was over, Baby Pumpkin was off on an adventure but would return next year. Although the girls are now adults, Baby Pumpkin continues to return each year. There is nothing like a little guilt to keep a tradition alive! Wishing you a happy Fall, with plenty of pumpkins for all!

## Seasonal Flu Shot Clinic

### Georgetown Sr. Center

(located at the First Congregational Church)

**Wed., October 14<sup>th</sup>**

**9:30 a.m. – 12:00 p.m.**



There will be no pre-registration for the clinic. Priority will be given to individuals 65 years of age and older and those with medical conditions that put them at risk for complications of the flu, (others may come after 11:15 a.m.) Pneumonia vaccines will be offered at the clinic. A pneumonia vaccine is recommended once when an individual reaches age 65.

### Things to remember:

- ❖ Bring your Medicare and/or Senior HMO card(s) to the clinic. If possible, a photocopy of your card(s) would make the process faster. (Drop by the office & we will be happy to make a copy for you.)
- ❖ Please wear a sleeveless or loose fitting short sleeved shirt.

Please make every effort to attend the clinic in your hometown. For further information, please call the Council on Aging at (978) 352-5726, the Board of Health at (978) 352-5720 or Home Care Inc. at (978) 463-4503. Vaccine is provided by the Massachusetts Immunization Program. Flu Clinics are sponsored by Home Care Inc. and local Boards of Health.

### Atty. Margot Birke To Address Elder Issues

Elder Attorney Margot Birke of Newburyport will be on hand **Tuesday Oct. 27, 10 a.m.** to answer questions regarding estate planning, wills, trusts, Medicaid, health care proxy and durable power of attorney along with other legal issues. We welcome questions in advance so that we can plan the program to fit your needs and concerns. To attend, please call the COA at (978) 352-5726. Light refreshments will be served.



**Columbus sailed the ocean blue in  
14 hundred 92.  
Surely, He celebrated  
a day or two,  
So now in October,  
we do too!**

**The COA/Senior Center will be  
CLOSED 10/12//09.**

# October Activities

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

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

## OCTOBER VAN SCHEDULE 2009

Shopping Date	Location	Recreation Date	Location
Mon., 10/5 10:30	Topsfield Fair – Seats Limited	Oct. 1 9:30	Super WalMart/Salem, NH
Oct. 6 <sup>th</sup> 9:30	NO VAN – Brown Bag Only		
Oct. 13 <sup>th</sup> 9:30	Crosby's/Downtown Shops	Oct. 15 <sup>th</sup> 10:30	Newburyport
Oct. 20 <sup>th</sup> 9:30	Rowley	Oct. 22 <sup>nd</sup> 10:30	Plaistow, NH
Oct. 27 <sup>th</sup> 9:30	Riverside, Haverhill	Oct. 29 <sup>th</sup> 10:30	Seabrook, NH

**MEN'S BREAKFAST:** Join us for **Men's Breakfast** on **Thursday Oct. 1, 9:30 a.m.** at **Trestle Way**. Come and meet the new interim **Town Administrator, Mike Farrell**. To make reservations, please call the COA at (978) 352-5726. Next breakfast: Nov. 5<sup>th</sup>. Thanks to Crosby's Market & the Georgetown Housing Authority for supporting our monthly program.

**ESMV CASE MANAGER:** **ESMV Case Manager Jennifer Cook** will hold office hours at the Senior Center on **Mon. Oct. 5, 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).

**SHINE Office Hours:** Do you have health insurance questions? **SHINE Counselor Jerry Goldberg** will be here on **Mon., Oct. 5, 9:00 - 11:30 a.m.** If you cannot come to the scheduled hours, contact the COA and we will contact our SHINE counselor for you. Call (978) 352-5726.

**GARDEN CLUB CRAFT:** Join us at **9:30 a.m. on the first Tuesday of each month** for fun and crafts. **Classes are always free, but it is extremely helpful for planning if you would sign-up a week in advance.**

**October 6**                      **Pressed Flower Plaques**                      **RSVP ASAP**  
**November 3**                      **Fall Flower Pots**                      **RSVP before 10/27/09**

**NO VISITING NURSE IN OCTOBER:** Public Health Nurse **Judy Anderson** will not hold the monthly blood pressure clinic in October due to the scheduling of local Flu Clinics. See page one for Flu Clinic details.

**SEASONAL FLU CLINIC:** **Wed. Oct. 14, 9:30-12:00.** See page one for details.

**LIBRARY FIELDTRIP:** Join **Librarian Ruth Eifert** on **Tues., Oct. 20, 10:30 a.m.** to view and discuss Highlights from the Collection in the new library. Participants should meet at the main desk in the Library. If you plan to attend, please contact the COA at (978) 352-5726.

**BYFIELD PARISH LUNCH:** **Byfield Parish luncheons** will resume on **Tues., October 20 at 11:45 a.m.** Reservations must be made by calling the church at (978) 352-2022.

**WRITING WORKSHOP:** There will be no writing workshop in October due to scheduling constraints.

**ELDER LAW FORUM:** Elder Attorney **Margot Birke** of Newburyport will be on hand **Tuesday Oct. 27, 10 a.m.** See page one for details.



**HALLOWEEN BIRTHDAY PARTY:** Dress up (not required) and join us on **Wed. Oct. 28<sup>th</sup> at 11:00 a.m.** as we scare up some holiday fun! **Cost is \$3.00** except for **Birthday celebrants** who will **receive a free lunch**. We have planned a **“Reverse Trick-or-Treat”** and ask that you bring one non-perishable food item to be donated to the church food pantry. Lunch reservations are required. **RSVP before 10/21/09 to assist with planning.**

**WEEK OF OCTOBER 19<sup>TH</sup>:** **The First Congregational Church will be closed to COA programs and activities in preparation for the church fair to be held October 23<sup>rd</sup> & 24<sup>th</sup>.**

<b>Health &amp; Wellness Classes</b> Classes are held at Trestle Way Community Room. Newcomers & beginners welcome. There is a SUGGESTED DONATION of \$3.00 per class for all classes.			<b>*WALKING CLUB*</b>
Class	Meets on	Time	<b>Monday &amp; Wednesday</b> <b>3:30 – 6 p.m.</b> <b>Penn Brook School</b> Walkers are asked to sign in and out in the COA log book at the school's front desk.
Yoga (Bring a mat or towel)	<b>Mondays</b>	<b>10:30 a.m.</b>	
	<b>Wednesdays</b>	<b>9:00 a.m.</b>	
<b>Strength Training</b>	<b>Tuesdays</b>	<b>12:30 p.m.</b>	
	<b>Thursdays</b>	<b>11:00 a.m.</b>	

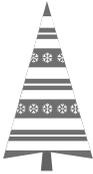
B	I	N	G	O
12	21	38	49	63
<b>Georgetown Senior Center</b>		40	<b>Trestle Way Community Room</b>	
<b>Every Monday at noon</b>	<b>Cost: \$1.00/card covers up to 10 Games</b>	Free Space	<b>1<sup>st</sup> &amp; 3<sup>rd</sup> Wednesdays each month at 1:00 p.m.</b>	<b>Cost: 50¢ &amp; 75¢ per game.</b>
<b>For more info, call (978) 352-5726</b>		33	<b>Contact: Bill Kittredge (978) 352-4968</b>	
2	29	45	50	72

### Friendship helps maintain wellbeing

We have long known that friendship is good for the heart and soul but recent research also provides evidence that friendship and social connection is an important component in physical wellbeing. In a study of college students and of adults age 50 to 68, University of Chicago researchers reported in August's Current Directions in Psychological Science that although loneliness had little effect on the health of the younger subjects, less social older people had higher blood pressure along with lower levels of "good" cholesterol and higher levels of the "fight or flight" hormone epinephrine than their more social peers. The study supports the growing evidence that links social isolation to problems dealing with stress, poor sleep, weak immunity, heart disease, Alzheimer's and suicide, says Sheldon Cohen, a psychologist at Carnegie Mellon University in Pittsburgh. "There are roughly 20 large-scale epidemiologic studies now," he says, "and they all show that the more socially integrated you are, the longer you live." So, where can you find a quick cure to a lonely day? At your local Council on Aging activity site! Join us for a cup of coffee, a hot lunch, an exercise class or a discussion group. Plenty of friendship is always on hand and research shows that you will soon feel better!

...SNEAK...PEAK...SNEAK...PEAK...SNEAK...PEAK...

### **Keep Your Calendars Open!**

<b>TBA</b>	<b>Kiwanis Dinner</b>	
<b>November</b>		
<b>Fri. Dec. 4</b>	<b>Holiday Concert/Breakfast</b>	
8:15 Breakfast	GMHS	
9:00 Concert	RSVP by 11/24/09	
<b>Wed. Dec. 9</b>	<b>Annual Holiday Party</b>	
2-4pm	Trestle Way	
	RSVP by 12/2/09	
	Seats are limited. Sign up early.	



### **LIBRARY FIELDTRIP**

Join Librarian Ruth Eifert on **Tues., Oct. 20, 10:30 a.m.** to view and discuss Highlights from the Collection in the new library. Participants should meet at the main desk in the Library. If you plan to attend, please contact the COA by calling (978) 352-5726.

## Flu Prevention Tips

Although the good news is that most elders are not considered to be at high risk for infection from the H1N1 Flu, the not-so-good news is that many of the younger people in our lives are at risk of contracting and spreading the H1N1 flu as well as the seasonal flu. However, many of the common sense strategies that can be used for maintaining wellness during outbreaks of seasonal flu are also very effective in protecting ourselves and others from getting sick with H1N1 Flu. If you think that you may have the flu, the Massachusetts Department of Public Health (MDPH) recommends that you stay home from work, school or other activities until you have been free from fever for at least 24 hours. Avoiding contact with others helps prevent the spread of the virus. To protect ourselves and others from becoming ill with the seasonal flu or H1N1 Flu, the MDPH offers the following suggestions:

- Get the flu vaccine every year
- Wash your hands often with soap and water or use alcohol based hand sanitizer
- Cough or sneeze into a tissue or the inside of your elbow. Throw the used tissue away and wash your hands.
- Avoid touching your eyes, nose or mouth.
- Use a regular household cleaner to clean surfaces that are touched often such as door knobs, phones, refrigerator doors or computer keyboards.
- Avoid contact with people who are sick.
- If you have flu-like symptoms, rest in bed, drink plenty of fluids, use non-aspirin pain relievers (such as acetaminophen) and stay home for at least five days.
- Seek immediate medical attention if breathing is fast, difficult or painful, skin is dusky or bluish in color, or if someone experiences chest pain, is disoriented or unable to walk, sit up or function normally.



You know you're getting old when you get a visit from the tooth fairy...And she takes your money and leaves you some teeth!

**October is National Dental Hygiene Month**

## Squirrels

A poem by Alex Boch



**I saw two squirrels in the yard today  
I opened the window to let in some air  
Were they at work or frisky play?  
Must have given them quite a scare  
In a flick they reversed their proud walk  
And scampered away  
As fast as a tic and a tock.**



## Rehabilitation Study to Improve Hip Fracture Care at Boston University

Hip fractures are all too common as we age. The icy conditions this winter have resulted in a larger than usual number of people experiencing a hip fracture. Many people who break their hip continue to have difficulty walking and doing other daily activities after their physical therapy ends. A group of researchers from Boston University, Partners Healthcare and the MGH Institute of Health Professions is currently conducting a research study to find out if an exercise program that people can do in their home can help people to improve their function after a hip fracture and completion of their formal therapy. If you chose to volunteer for this study, you will receive the exercise program. Some volunteers will receive the program right after they are enrolled, while others will first receive a cardiovascular nutritional education program to promote healthy eating and then will receive the exercises. No travel outside the home is required, and all therapy visits, equipment and materials are provided free of charge. A research assistant will visit people in their homes three times to assess their progress. The study is funded through a grant from the National Institutes of Health. If you or someone you know would like to learn more about this study, you can contact Siphannay Nhean at [snhean@bu.edu](mailto:snhean@bu.edu) or call her at (617) 638-1993. Additional information is available at the COA office, (978) 352-5726.

## Dial-A-Lawyer Available Oct. 15 to Veterans & Families

As a free legal service for veterans and families of veterans, who have legal questions involving access to benefits, family issues, employment concerns, landlord/tenant matters or other legal issues, Dial-a-Lawyer is available Thursday Oct. 15, 5:30-7:30 p.m. by calling (617) 338-0610. This program is offered as a public service of the Massachusetts Bar Association with the financial support of the Massachusetts Bar Foundation. The MBA acknowledges its partnership with the Massachusetts Department of Veterans' Services and thanks them for their important role in the success of this program.

# 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 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.

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 (978-469-6878, option #3). The bus can be used for any purpose to a limited service area (Georgetown, Haverhill, Groveland, area hospitals & trains). For a 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 RESOURCES

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

Updated 5-6-09

Georgetown Council on  
Aging  
Memorial Town Hall  
1 Library Street  
Return Service Requested

Presort Standard  
U. S. Postage  
**PAID**  
PERMIT #39  
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**  
@ 1<sup>st</sup> 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 4<sup>th</sup> Tuesday of each month at the **First Congregational Church Andover Street, Georgetown**  
**NEXT BOARD MEETING:**  
Tuesday October 27, 2009

**Georgetown Council on Aging:**  
**Director:** Colleen Ranshaw-Fiorello  
**Office:** Julie Pasquale, Newsletter  
Alice Girrior, Outreach  
Dave Hall, Van Driver  
Jeannine DesJardins, Volunteer  
**Mealsite Coordinator:** Ginny Ryder  
**Board Members:**  
Claire Maimone, Chairman  
Corona Magner, Vice Chairman  
Chandler Noyes, Treasurer  
Barbara Miller, Secretary/Clerk  
Marian Jordan – Diane Prescott  
Ginny Ryder - Cynthia Tardif  
Esther Palardy

**Town of Georgetown:**  
Michael Farrell, Town Administrator  
Philip Trapani, Board of Selectmen  
Evan O'Reilly, Board of Selectmen  
David Surface, Board of Selectmen  
Steve Smith, Board of Selectmen  
Gary Fowler, Board of Selectmen

**Georgetown COA Webpage** is located on the town's official website [www.georgetownma.gov](http://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.

# October Lunch 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>
5 Stuffed Chix Breast, Whip Chive Pot., Peas/ Onions, Strawberry Cup, Dinner Roll	6 Wh Wh Dinner Roll OJ, Veal Roulard/Gravy, Sour Cr/Onion Whip Pot., Carrots/Turnips, Apple	7 Breaded Fish Strips, Whip Pot., California Vegs, Sherbet Cup, Oatmeal Bread
12 <b>CLOSED FOR COLUMBUS DAY</b>	13 Wh Wh Bread Apple Juice, Creole Chix Breast, White Rice, Italian Green Beans, Diced Pears	14 Mac & Cheese, Stewed Tom./Zucchini, Pickled Beets, Applesauce, Oatmeal Bread
19 <b>Center Closed-NO LUNCH</b>	20 <b>Center Closed-NO LUNCH</b> 11:45 Byfield Parish Lunch	21 <b>Center Closed-NO LUNCH</b>
26 Pineapple-Ginger Chix, Florentine Rice, Mixed Veggies., Butterscotch Pudding, LF Cranberry Muffin	27 Oatmeal Bread Fruit Punch, Baked Ham/Raisin Sauce, Whip Pots., Green/Gold Beans, Spinach/Mushroom Salad, Peaches	28 Fishwich on Hamburger Roll, Roast Garlic Pots, Kernel Corn, Orange

## Apple Pineapple Slaw

*Serves about 4*

lettuce	1 cup diced apples	1/2 cup chopped celery
3 cups shredded cabbage	1 cup mini-marshmallows	apple slices
1 cup chopped canned pineapple, drained	1/2 cup mayonnaise	lemon juice

Line a salad bowl with whole leaves of lettuce. Combine cabbage, pineapple, diced apples, marshmallows, celery and mayonnaise in a mixing bowl until mayonnaise coats all ingredients. Transfer salad to lettuce-lined bowl. Toss apple slices in lemon juice and garnish the slaw with the apple slices.

# OCTOBER VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			<b>1</b> 9:30 <b>Men's Breakfast</b> 9:30 <b>VAN:</b> Walmart/Salem NH 11:00 Strength Training
<b>5 VAN: Topsfield Fair</b> 9:00 SHINE 9:30 Dolls 10:00 Jen Cook, ESMV 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30-6 Walking/Penn Brook	<b>6 No Van-Brown Bag Only</b> 9:30 Pressed Flower Craft 11:30 Lunch 12:30 Strength Training	<b>7 NO Visiting Nurse in Oct.</b> 9:00 Yoga 11:30 Lunch 3:30-6 Walking/Penn Brook	<b>8</b> <b>NO VAN TODAY</b> 11:00 Strength Training
<b>12</b> <b>Closed: Columbus Day</b>	<b>13</b> 9:30 <b>VAN:</b> Crosby's/ Downtown Shops 11:30 Lunch 12:30 Strength Training	<b>14</b> 9:00 Yoga <b>9:30-12:00 FLU CLINIC</b> 11:30 Lunch 3:30-6 Walking/Penn Brook	<b>15</b> 10:30 <b>VAN:</b> Newburyport 11:00 Strength Training
<b>19</b> 10:30 Yoga 3:30-6 Walking/Penn Brook	<b>20</b> 9:30 <b>VAN:</b> Rowley 10:30 Library Tour 11:45 Byfield Parish Lunch 12:30 Strength Training	<b>21</b> 9:00 Yoga 3:30-6 Walking/Penn Brook	<b>22</b> 10:30 <b>VAN:</b> Plaistow, NH 11:00 Strength Training
<b>-----Senior Center Closed Due to Fair Preparations ~ Church Fair Friday &amp; Saturday 10/23-24-----</b>			
<b>26</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30-6 Walking/Penn Brook	<b>27 VAN:</b> Riverside/Haverhill 10:00 Atty. Margot Birke 11:30 Lunch 12:00 COA Board Meeting 12:30 Strength Training	<b>28</b> 9:00 Yoga 11:00 Halloween Birthday Lunch 3:30-6 Walking/Penn Brook	<b>29</b> 9:30 <b>VAN:</b> Seabrook, NH 11:00 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.