



A FEW GRAY HAIRS



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

Vol. 13/Iss. 4

October 2011

Website: www.georgetownma.gov

Director's Notes... After a summer of careful tending, my grandparent's backyard garden always produced a wonderful harvest. Framed by borders filled with rose bushes, the vegetable garden occupied at least one-third of my grandparents' backyard in Ottawa. Rows of green beans, peas, cucumbers, lettuce and tomatoes neatly lined the garden patch. Raspberry canes were located at the back of the garden. A flowering crabapple tree was planted to the left of the driveway. My grandfather notched a rake with the distances needed for each vegetable row with me and we worked row by row with me carefully sowing the seed as we went. As the vegetables came into season, I sat on the kitchen steps snapping beans or shelling peas for my grandmother to can or preserve. I watched as she pickled cucumbers and cooked tomato relishes. The most fun was the harvest of the crabapples for crabapple jelly. It was my job to climb up into the tree and pick the ripe fruit from the tree's upper limbs. From the ground, my grandfather told me where to reach my hands, where to put my feet. Following his direction, I lowered pail after pail filled with little red apples to my grandfather before I climbed out of the tree. Glistening jars filled with rose-colored jelly soon lined my grandmother's counter. But what other special ingredients also filled those jam jars? Sunshine, blue skies, family memories and lots of love. What harvest could ever be better?

Medicare Enrollment Forum Scheduled for Oct. 12

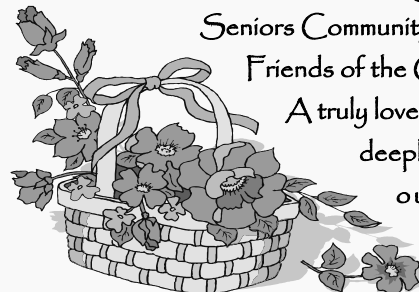
With Medicare's new open enrollment period scheduled Oct. 15-Dec. 7, 2011, **Sue Cripps, ESMV will present a forum on open enrollment and changes in Medicare Wednesday Oct. 12, 10 a.m. at the First Congregational Church.** Medicare plans change every year, but SHINE counselors provide Medicare counseling free of charge. For more information on the forum or to schedule an appointment with SHINE Counselor Jerry Goldberg, call the COA office at (978) 352-5726. SHINE information is also available by calling **1-800-AGE-INFO (1-800-243-4636)**, then *press or say 3*. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible. For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call **1-800-MEDICARE (1-800-633-4227)**.

We remember Marion Jordan...

Although it was with great sadness that we learned of Marion's passing in late August, we feel so fortunate to have known Marion and to celebrate her deep connection to the Georgetown Council on Aging. Marion was a veteran Council on Aging board member who had only retired from her long-time position last year. Marion was one of the core members who were instrumental in establishing the space at the First Congregational Church for elder activities and the COA meal site. She was an active volunteer who folded countless newsletters during our many monthly newsletter production days. A friend to many in the community, Marion was also involved in establishing the initial Georgetown

Seniors Community Center, now the Friends of the Council on Aging.

A truly lovely lady, Marion will be deeply missed and we send our sympathy to her family and friends.



The COA & Sr. Center at First Cong. Church will both be closed for Columbus Day on Mon., Oct. 10, 2011. The Senior Center at First Cong. Church will close the week of October 17-19 for Church Fair Preparations.

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 2011



Shopping Date	Location	Recreation Date	Location
Oct. 4 th 9:30	NO VAN – Brown Bag Only	Oct. 6 th 9:30	Super WalMart/Salem, NH
Oct. 11 th 9:30	Newburyport	Oct. 13 th 10:30	Seabrook, NH
Oct. 18 th 9:30	Rowley	Oct. 20 th 9:30	Peabody-Essex Museum/Peabody, MA
Oct. 25 th 9:30	Plaistow, NH	Oct. 27 th 10:30	North Shore Mall/Peabody

MY LIFE, MY HEALTH PROGRAM: Tues. October 4, 11, 18, & 25 from 9-11:30 a.m. at the First Congregational Church. The first 4 of 6 free workshops to assist anyone living with the limitations of a chronic condition. Manage your chronic disease with group support. Learn to eat well, control pain, start an exercise program, handle stress/fatigue/frustration, relax, increase energy level, solve problems/meet personal goals, & communicate effectively. Advance registration is required. Contact COA as soon as possible at 978-352-5726 to sign-up.

ESMV CASE MANAGER: ESMV Case Manager Jennifer Cook will be here to discuss programs and services available through Elder Services of the Merrimack Valley (ESMV) on **Mon., October 3, 10:00 – 11 a.m.** **APPOINTMENTS MUST BE SCHEDULED THROUGH THE COA OFFICE.** To schedule an appointment, call (978) 352-5726.

SHINE OFFICE HOURS: Do you have health insurance questions? **SHINE Counselor Jerry Goldberg** will be here on **Mon., October 3, 9:00 – 11 a.m.** **APPOINTMENTS MUST BE SCHEDULED THROUGH THE COA OFFICE.** If you cannot come to the scheduled hours, the COA can contact our SHINE counselor to make other arrangements for you. To schedule an appointment, call (978) 352-5726.

VISITING NURSE: **Wed., October 5, 10:00 – 11:00 a.m.** Public Health Nurse **Pam Lara** will be available to provide blood pressure checks, heart assessments, & medication information & to discuss any medical concerns seniors have. Barbara Muse, R.N., a visiting nurse, is also available for Trestle Way residents in their Community Building on the first Wednesday of each month from 12:00-2:00 p.m.

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

October 5	Fall Decorated Hats	RSVP ASAP
November 2	Fall Flower Centerpieces	RSVP 10/26/11

MEDICARE ENROLLMENT FORUM: Tuesday October 12, 10 a.m. See page 1 for details.

MEN'S BREAKFAST: **NOTE DATE CHANGE THIS MONTH ONLY.** Join us in welcoming local historian and pastor of Byfield Parish Church, **Bill Boylan**, at the **Men's Breakfast** scheduled **Thursday October 13, 9:30 a.m. at Trestle Way.** With great appreciation, the Council on Aging thanks Crosby's Markets for their sponsorship and the Georgetown Housing Authority for their partnership in offering the monthly program. To make reservations, please call (978) 352-5726. **Next Breakfast: Thursday, November 3, 9:30 a.m. at Trestle Way.**

BYFIELD PARISH RESUMES LUNCHEONS: Tuesday, October 18, 11:30 a.m. Call the church if you plan to attend. 978-352-2022.

FIRST CONGREGATIONAL CHURCH FAIR: Friday, October 21 and Saturday, October 22. Call the church for a schedule of events. 978-352-8443

HARVEST/BIRTHDAY PARTY: Dress up (not required) and join us on **Wed. Oct. 26th at 11:00 a.m.** as we scare up some harvest time fun! **Cost is \$2.00** except for **Birthday celebrants** who will receive a **free lunch.** Lunch reservations are required. **RSVP before 10/19/09 to assist with planning.**

Upcoming Events

See future newsletters for details.

Annual Flu Clinic: Cancelled (see page 6), Annual Kiwanis Dinner, Annual COA Christmas Party, GMHS Breakfast Concert

Health & Wellness Classes Classes are held at Trestle Way Community Room. Newcomers & beginners welcome. There is a SUGGESTED DONATION of \$3.00 per class for all classes.			*WALKING CLUB*
Class	Meets on	Time	Mondays & Wednesdays 3:30-5:30 p.m. at Penn Brook School
Yoga (Bring a mat or towel)	Mondays	10:30 a.m.	
	Wednesdays	9:00 a.m.	
Strength Training	Tuesdays	12:30 p.m.	
	Thursdays	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	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

COA & School Dept. Programs Resume

The COA & Georgetown School Department are planning to continue the **Perley Pal Readers Program** & the **Indoor Walking Program** at Penn Brook School (see top of page) as well as other programs. Now in its fourth year, the intergenerational **Perley Pal** guest reader program links Georgetown elders with early elementary classrooms at the Perley School. The program brings joy to both the volunteers and the students. As one volunteer said last year, "Perley Pals enhances my life in countless ways." In the past, interested elders were asked to donate approximately ½ hour each month to read. Although details are not finalized, interested volunteers are asked to call the COA at (978) 352-5726. Watch for more details!

Welcome Kirsten

As certain as the seasons change, change is part of our lives. This summer, our veteran Outreach Worker Alice Girrior stepped down from the position she has so capably held for many years. In September, we were very fortunate to have Kirsten Klueber join us as our Outreach Worker. A licensed social worker, Kirsten brings more than 10 years of experience in social services to the COA. We wish Alice well as she enjoys some well deserved time away from the office (but not from volunteering!) and we warmly welcome Kirsten to our COA team.

3

Home Repair Applications for 2012

Rebuilding Together Greater Haverhill is accepting applications for home repair assistance for the next **Annual Rebuilding Day** on Saturday April 28, 2012.

Application deadline is December 31, 2011.

Applicant eligibility:

- Own & occupy your home for at least 2 years
- Live in the Greater Haverhill area (Haverhill, Groveland, Georgetown, Boxford, Merrimac, Plaistow, NH)
- Meet Federal HUD low- income guidelines (Call for info)
- Are elderly, disabled, a family with young children
- Experiencing hardship that may cause you to leave your home

Priority is given to homes that need safety and accessibility modifications. Other restrictions may apply. If you or someone you know needs help with essential safety or accessibility medications, home repairs or maintenance, please ask for an application by telephoning **978-469-0800** or **sending an email to rtogether@verizon.net**

VAN TRIP TO PEABODY ESSEX MUSEUM:

"Painting the American Vision"

Thursday, October 20

The van will leave at 9:30 a.m.

Cost for seniors is \$13 includes all admissions.

Come and join us! In the mid-1800s, a group of American painters created an "American" landscape that regarded the natural world as a resource for spiritual renewal & an expression of cultural/national identity. Taken from the New York Historical Society's collection, 45 landscapes will showcase the talents of Thomas Cole, Albert Bierstadt, Asher B. Durand & others. Lunch is on your own. **Seats are limited.** To make a reservation, please call the COA at (978) 352-5726.

Crosby's Marketplace Sponsors Men's Breakfast

As an example of community partnership, Crosby's Marketplace will sponsor the COA's monthly Men's Breakfast program again this year. Now in its fifth year of sponsorship, Crosby's Marketplace has allowed us to strengthen our monthly program with additional participation. On an average we serve 17 men per month, serving as many as 22 in recent months! In this fiscal year, we served a total of 195 men. Breakfasts have included speakers on health and wellness, Medicare, retirement, elder law, current events, town government, home and personal safety, local history, and authors of World War II memoirs. Breakfast menus have included strata, pancakes, French toast, vegetable frittata, fruit salad, juice and coffee – and bacon or sausages! The COA thanks Crosby's Marketplace for this important partnership and encourages men to join us for plenty of good food and fun at our next breakfast on **Thursday October 13, 9:30 a.m. at Trestle Way**. For more information, please call the COA office at (978) 352-5726.

Boston University Hip Fracture Study Underway

Underway at Boston University School of Public Health, a research project regarding hip fractures is seeking additional participants. A group of researchers from Boston University, Partners Healthcare and MGH Institute of Health Professions is 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 physical therapy. Volunteers in the study will receive the exercise program. Some volunteers will 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 Institute of Health. To learn more about the study, contact Sphannay Nhean at cgoodyea@bu.edu or call (617)638-1988.

Annual Flu Clinic Cancelled

With recent changes in the state's criteria and funding for the flu vaccine, the Town's Annual Flu Clinic has been cancelled at this time. Clients with Medicare B are able to receive flu shots without charge at CVS and other local pharmacies. Individuals with a secondary health insurance plan can also receive a flu shot at local pharmacies. With the pharmacies able to bill the insurance company, the client may have to pay a co-pay cost with an approximate \$30 maximum cost. Clients may also contact their primary care physician to schedule a flu shot.



Heating Assistance Applications Available

With the heating season soon to begin, Community Action has announced the start of its Heating Assistance Program. Funded through a combination of federal, state, city, utility and private grants, Community Action provided heating and weatherization assistance to almost 5,600 homes in the local area this past year. In addition to direct payments on oil, gas, and electric heating bills, Community Action can also pay a portion of each month's rent for apartment dwellers whose heat is included in the rent.

Eligible residents also receive automatic discounts if they are customers of National Grid Gas and Electric. In addition, funding is also available for home energy efficiency projects such as the replacement of furnaces and boilers at no cost to eligible homeowners. Eligibility is based on gross income according to the number of people in the home and does not include money in savings accounts or CD accounts.

Maximum gross incomes allowed for the program are:

One person in the home:

\$600 per week; \$2,601 per month or \$31,218 per year

Two people in the home:

\$785 per week; \$3,402 per month or \$40,824 per year.

More than two people in the home:

Income guidelines are available at Community Action.

Heating Assistance Program Application Packets have been mailed to all households that were eligible for the program last year. Households that did not apply for the program last year, can apply for the program by calling Community Action at (978) 373-1971 after September 12. Once the application packet has been received, the application can be completed as outreach at the Council on Aging office, saving a trip to the Community Action offices located in Haverhill, Amesbury or Newburyport. For more information, call the COA office at (978) 352-5726



ATTENTION SNOWBIRDS!

As we say goodbye to summer and turn our attention to fall, can thoughts of winter travel plans be far behind? We have quite a few Georgetown residents who escape to warmer climes for part or all of the winter months. At the COA, we could use your help. When newsletters are returned because someone is "temporarily away", we are charged return postage. You can help by notifying the COA of the dates you plan to be away. We will temporarily remove you from the mailing list and put you back on the mailing list when **you notify us** of your return. While you are away, you can find the newsletter on the Town's website at www.georgetownma.gov. Thank you for your help and cooperation. Have a safe, healthy and enjoyable "flight".

Council on Aging Services

For information on any of the following services, contact the COA at (978) 352-5726.

TRANSPORTATION: SHOPPING

The Van is available Tuesdays & Thursdays for door-to-door for shopping and errands. Reservations should be made at least two days in advance by calling the COA office at (978) 352-5726. Please check the Van Schedule for this month's days and destinations. A small donation is suggested to help with program expenses.

TRANSPORTATION: MEDICAL: NORTHERN ESSEX ELDER TRANSPORT, INC.

This program provides rides for elders to medical appointments. Arrangements should be made at least THREE days in advance of the appointment by calling the Council on Aging office at (978) 352-5726. If the office is closed, please leave a message (and remember that we are not open on Fridays). After the ride is arranged, the DRIVER will call you the day before the ride. A donation of 43 cents per mile is suggested to help support the program. However, no one would ever be turned down due to inability to pay. Please remember: Reservations must be made through the Council office and clients should not be calling the drivers directly.

Ring & Ride: MEDICAL, SHOPPING AND GENERAL PURPOSE TRANSPORTATION

Ring & Ride is a free van service to Georgetown residents. It requires 24 hour notice for reservations made through MVRTA (978-469-6878, option #3). The van can be used for any purpose including medical and shopping in its service area (Georgetown, Haverhill, Groveland, Newburyport, area hospitals & trains). For a brochure, contact the COA.

HANDICAP PLACARDS

Are you in need of a HANDICAP placard for your car? The Council on Aging has applications available from the Registry of Motor Vehicles.

Meals on Wheels

Available to eligible seniors by calling Elder Services of MV. 1-800-892-0890

Congregate Meals

The Senior Center offers nutritious lunches Monday-Wednesday at 11:30 a.m. Please make reservations at least three business days in advance by calling the COA or in person at the Center.

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

VISITING NURSE

On the first Wednesday of each month, from 10:00AM – 11:30 AM, Pam Lara, RN is available at the Senior Center to perform Blood Pressure checks, shots, etc. Trestle Way residents may also visit with the nurse in the Community Building on the first Wednesday of each month, noon-2:00PM.

S.H.I.N.E.

Serving Health Information Needs of Elders will help you understand your health insurance concerns. Appointments can be scheduled with SHINE counselor Jerry Goldberg at the Senior Center on the first Monday of each month.

EQUIPMENT LENDING PROGRAM

COA has medical equipment (Walkers, Canes, Wheelchairs, Bath Seats, etc.) for long- or short-term lending.

FILE OF LIFE & YELLOW DOT PROGRAMS

Both programs provide a health history document to be used by emergency personnel in case of illness or injury. One is for your home, the other for your car.

HEALTH CARE PROXIES

COA has fact sheets and Health Care Proxy forms available upon request.

THE FILE

A handy folder which serves as a summary record of Financial Information, Investments and Insurance, Legal Documents and Estate Management information.

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

Return Service Requested

Presort Standard
U. S. Postage

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 – 4 pm

Georgetown Senior Center
@ 1st Congregational Church
Andover St. ~ Georgetown, MA
(978) 352-8443

Open:
Monday – Wed. 9 am – 1 pm

PUBLIC NOTICE

C.O.A. board meetings are open to the public. They are held at noon on the 4th Tuesday of each month at the **First Congregational Church Andover Street, Georgetown**

NEXT BOARD MEETING:
Tuesday October 25, 2011

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

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

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

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

Council on Aging Mission Statement: The main objectives of the Georgetown Council on Aging are to advocate on behalf of older adults, to identify their needs, to develop and implement services to meet their health, economic, social and cultural needs, to encourage maximum independence and to improve their quality of life.

Inclement Weather Policy: The Georgetown Council on Aging and Senior Center will be open for business in inclement weather unless all Georgetown town offices are closed. If the Georgetown Public Schools are closed, there will be no van rides or NEET rides, and all COA activities/programs will be cancelled. If the Merrimack Valley Nutrition Project is closed, there will be no lunches served at the Senior Center.

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>
3 Cranberry Juice, Meatballs/Ziti & Marinara Sauce, Green/Gold Beans, Fruit Cocktail, Oatmeal Bread	4 Chix Breast Fillet, Dirty Rice, California Blend Veg, Pears, Light Rye Bread	5 SOUP: Chicken Noodle Broccoli/Egg/Cheese Bake, Zucchini & Stewed Tomato, Vanilla Pudding
10 NO LUNCH: COLUMBUS DAY	11 Veal Parmesan/Marinara, White Rice, Veg Medley, Pineapple, Oatmeal Bread	12 SOUP: Beef Barley Garlic Bake Chix, Roasted Red Pot, Carrots/Turnip, Fresh Apple, Wh Wh Brd
17 NO LUNCHES THIS WEEK DUE TO PREPARATIONS FOR THE FIRST CONG. CHURCH FAIR		
24 Fish Sandwich/Roll, Chuckwagon Corn, Coleslaw, Gelatin	25 Grape Juice, Mac & Cheese, Zucchini & Stew Tomato, Diced Pears, Wh Wh Bread	26 SOUP: Italian Wedding Soup Chix Croquette/Gravy, Florentine Rice, California Veg, Apple, LF Muffin
31 LS Hot Dog/Roll, New England Baked Beans, Coleslaw, Peaches		

OCTOBER VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 9:00 SHINE (by appt.) 9:30 Dolls 10:00 J. Cook, ESMVappts. 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	4 No Van–Brown Bag 9:00-11:30 My Life/Health 11:30 Lunch 12:30 Strength Training	5 9:00 Yoga 9:30 Decorated Hats Craft 10:00 Visiting Nurse 11:30 Lunch 3:30 Walking Club	6 9:30 VAN: Walmart/Salem 11:00 Strength Training
10 CLOSED: COLUMBUS DAY	11 9:30 VAN: Newburyport 9:00-11:30 My Life/Health 11:30 Lunch 12:30 Strength Training	12 9:00 Yoga 10:00 Medicare Discussion 11:30 Lunch 3:30 Walking Club	13 9:30 Men's Breakfast 10:30 VAN: Seabrook, NH 11:00 Strength Training
17 10:30 Yoga 3:30 Walking Club	18 9:30 VAN: Rowley 9:00-11:30 My Life/Health 11:30 Byfield Parish Lunch 12:30 Strength Training	19 9:00 Yoga 3:30 Walking Club	20 9:30 VAN: PEM/Peabody, MA 11:00 Strength Training
Senior Center at First Cong. Church: CLOSED for Church Fair Preparations			
24 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	25 9:30 VAN: Plaistow, NH 9:00-11:30 My Life/Health 11:30 Lunch 12:00 COA Board Meeting 12:30 Strength Training	26 9:00 Yoga 11:00 Harvest/ Birthday Lunch 3:30 Walking Club	27 10:30 VAN: North Shore Mall 11:00 Strength Training
31 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	11/1 No Van–Brown Bag 9:00-11:30 My Life/Health 11:30 Lunch 12:30 Strength Training	11/2 9:00 Yoga 9:30 Fall Flower Cntrpc Craft 10:00 Visiting Nurse 11:30 Lunch 3:30 Walking Club	11/3 9:30 Men's Breakfast 9:30 VAN: Walmart/Salem 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.