



A FEW GRAY HAIRS

something
Do October 5
~Nice Day~

A Newsletter of the Georgetown Council on Aging

Vol. 16/Iss. 4

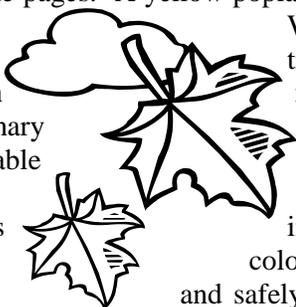
October 2014

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Director's Notes... While straightening a shelf of children's books in our playroom before a recent visit by the grandchildren, a dried maple leaf slipped out of the pages of a book on natural history. Paper thin with age, the leaf was still bright with the red and yellow color of a sugar maple tree in the fall. Opening the book further, there were other leaves carefully pressed between the pages. A yellow poplar leaf, a brown oak leaf and more of the colorful leaves that pile up under sugar maple trees.

walking with my parents on a determined to photograph a leaf in country for one of those extraordinary made chicken salad and hot vegetable mother gathering acorns and science materials with the students way to school, pocketing the I could carry it home



there were a few possibilities. I can't remember exactly when I picked up that leaf but I can remember those crisp fall days and sharing those easy adventures with my family. With lots of lovely fall days ahead, I hope that you will find a colorful leaf or two to share with family or friends. I think that my granddaughter and I will add a few to the collection in the natural history book. There are plenty of pages yet to fill with both leaves and memories!

Where had I picked up that leaf? Was it a Sunday afternoon, trail in the Gatineau Hills in Quebec where my father was midflight swirling to the ground or was it a visit to the picnics packed by my grandmother that included home-soup in a plaid thermos. Was I out in the yard with my milkweed pods that she would later use as collage and in her nursery school? I may even have found the leaf on my colorful leaf in my sweater until the end of the school day when and safely press it between the pages of a favorite book. Certainly,

Medicare Open Enrollment Oct. 15-Dec. 7

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should soon receive a notice from your plan by the end of September. The notice outlines changes to be made to your plan for 2015. It is important to review, understand and save this information. During the annual **Medicare Open Enrollment**, from **October 15th to December 7th**, you will have an opportunity to change your plan for next year. **Lisa Rose, ESMV** will present a **forum on Open Enrollment & Medicare** changes on **Tues. Oct. 28, 10 a.m.** at the **First Congregational Church**. Trained SHINE counselors are available to offer free and confidential counseling on all Medicare and related health insurance programs. To schedule an appointment with SHINE Counselor Jerry Goldberg, call the COA at 978-352-5726. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say three. Once you get the SHINE answering machine, leave your name and phone number. A volunteer will soon return your call.



Free Oral Clinic for Uninsured Sat. Oct. 18, 8 a.m.-2 p.m.

Seeking to serve local elders who are without dental coverage and living with need, **Georgetown Family Dentistry** will provide free cleanings, oral exams and digital x-rays to local elders on **Sat. Oct. 18, 8 a.m.-2 p.m.** In the spirit of community, Dr. Shradha Sharma hopes to serve up to 18 elders who meet criteria for the practice's "Giving Back to our Georgetown Community" Day. Designed to improve elder wellbeing, the program is open to Georgetown elders who meet specified income criteria & have no access to dental coverage from other sources. **Registration is limited. Registration, medical history and release forms are available at the COA. Appointments can be scheduled with Dr. Sharma by the patient after the forms are completed. For further information, please call the COA at 978-352-5726.**

The COA and all activities will be closed on Monday, October 13 for Columbus Day.
No lunches will be served & no activities scheduled at the First Congregational Church Oct. 20-22 due to Church Fair preparations.

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

October Activities

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



CALL US AT 978-352-5726.



OCTOBER VAN SCHEDULE 2014

Shopping Date	Location	Recreation Date	Location
		Oct. 2 9:30	Super Walmart/Salem, NH
Oct. 7	NO VAN – Brown Bag Only	Oct. 9 10:30	Plaistow, NH
Oct. 14 9:30	Rowley	Oct. 16 10:30	Target & Mann's Orchard/Methuen
Oct. 21 9:30	Seabrook, NH	Oct. 23 10:30	Liberty Tree Mall/Danvers
Oct. 28 9:30	Newburyport	Oct. 30 10:30	Haverhill

JOIN US MONDAY – WEDNESDAY MORNINGS from 9-10:30 a.m. at the First Congregational Church for cards and cribbage games! Hot coffee and snacks are a great way to reconnect with friends!

SHINE OFFICE HOURS: Mon. Oct 6, 9:00 – 11 a.m.

SHINE Counselor Jerry Goldberg will be here to answer health insurance questions. **APPOINTMENTS MUST BE SCHEDULED THROUGH THE COA OFFICE.** If you cannot come to the scheduled hours, the COA can contact our SHINE counselor to make other arrangements for you. To schedule an appointment, call (978) 352-5726.

VISITING NURSE: Wed. Oct. 1, 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.

MEN'S BREAKFAST: Thurs. Oct. 2, 9:30.

Trestle Way Community Building
Bill Cutler, Civil War Re-enactor, will speak on history & display memorabilia. With great appreciation, the COA thanks Crosby's Markets for their sponsorship & the Georgetown Housing Authority for their partnership in offering the monthly program. For reservations, please call (978) 352-5726. **Next Breakfast: Thurs. Nov. 6.**
Subject: Veteran's Topics.

A MATTER OF BALANCE: Weds. Oct. 1-29, 10-noon

Final 5 workshops of the series. See page 6 for details.

Special Town Meeting: Mon. Oct. 27, 7 p.m.

Georgetown Middle High School

HOME SAFETY PROGRAM: Tues. Oct. 14, 10:00

First Congregational Church See page 3 for details.

TRIAD PROGRAMS: Thurs. Oct. 16, 1 p.m.

Trestle Way Photo ID, ICE & Ice Cream See page 3.

FREE DENTAL CLINIC FOR UNINSURED: Sat. Oct. 19, 8 a.m.-2 p.m. See page 1 for details.

MEDICARE OPEN ENROLLMENT FORUM:

Tues., Oct. 28, 10 First Congregational Church
 See page 1.

FREE LEGAL ADVICE: Tues. Oct. 28, 10:00

Atty. Elaine Dalton will be at the First Congregational Church by appt. only. See page 3.



OCTOBER BIRTHDAY & HALLOWEEN PARTY:

First Congregational Church **Wed. Oct. 29, 11:30**

Join us as we send best wishes to our friends who were born in October. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 10/22/14 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.



Special Van Trip:

Senior Citizen's Day at Topsfield Fair

Monday, October 6

Van Pick-up starts at 9:30 a.m.



The Georgetown & Merrimac COAs are uniting to offer a van trip to Topsfield Fair, America's Oldest Agricultural Fair (1818). There's something for everyone: animals, gardening, crafts...and food! Come & enjoy a day in the fresh autumn air. Van is \$2 and senior admission to the fair is \$8. **Space is limited so sign-up early!** Call (978) 352-5726 for more details.

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.

Sen. Bruce Tarr: Tues. Oct. 21 1 - 2:30 p.m.

Rep. Lenny Mirra: Mon. Oct. 20 9 a.m.

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
Yoga (Bring a mat or towel)	Mondays	10:30 a.m.
	Wednesdays	9:00 a.m.
Strength Training	Tuesdays	12:30 p.m.
	Thursdays	10:45 a.m.

Walking Club
Walking Club plans to resume in October. Watch here for more information.

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

Photo ID & ICE Your Phone Programs



Ice Cream Social
Sponsored by TRIAD



Thursday Oct. 16, 1 p.m.
Trestle Way

Senior Photo ID Program provides elders with a secondary form of identification. **Please bring:**

- a valid Massachusetts driver's license,
- a valid passport **OR**
- a valid Massachusetts photo ID issued by Mass. RMV

ICE is an acronym that identifies your emergency contact in your cell phone. **You will need to bring:**

- a charged cell phone to the program.
- the name of an emergency contact
- an emergency contact phone number

Members of the Georgetown Police Department will be on hand to assist with the program.



Enjoy an ice cream sundae after the program!
If you plan to attend, please contact the COA at (978) 352-5726.

National Fire Prevention week is Oct. 5-11.



Georgetown Fire Dept. Presents
Home Safety Program
Tues. Oct. 14 at 10 a.m.
First Congregational Church

Topics include:

- kitchen safety
- electrical safety
- safe home oxygen use



Light refreshments will be served.
For more information or to sign-up, call COA at 978-352-5726

Attorney Elaine Dalton
Offers Free Legal Help
Tues. Oct. 28, 10 a.m.
by appointment only

Assistance available for:

- Health Care Proxies,
- Durable Power of Attorney
- Other elder law issues
- 15 minute appointments available



COA & School Dept. Programs Resume

The COA & Georgetown School Department plan to continue the **Perley Pal Readers Program** & the **Indoor Walking Program** at Penn Brook School.

Now in its seventh 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, who report the volunteers to be "the best in the whole wide world." 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!

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 October 28, 2014

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:

Jeannine DesJardins, Chair

Claire Maimone, Vice Chair

Chandler Noyes, Treasurer

Jean Perley, Secretary/Clerk,

Susan Gardiner, Esther Palardy,

Diane Prescott, Corona Magner, Nancy

Thompson, Caroline Sheehan-alternate

Ann Stewart-alternate

Town of Georgetown:

Michael Farrell, Town Administrator

Stuart Egenberg, Chair, Board of Selectmen

Stephen Smith, Board of Selectmen

David Surface, Board of Selectmen

Gary Fowler, Board of Selectmen

Philip Trapani, Board of Selectmen

Georgetown COA Webpage is

located on the town's official website

www.georgetownma.gov.

Council on Aging Mission Statement:

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

Inclement Weather Policy:

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

October Menu - Make reservations 3 days in advance. Call (978) 352-5726.

Lunch is served Monday through Wednesday at the First Congregational Church at 11:30 a.m. Cost is \$2.00.

The MVNP is made possible in part by funding from the Older Americans Act as granted by Elder Services of the M. Valley
Nutritional information regarding meals is available upon request by calling the COA office at (978) 352-5726.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
		1 Maple Glazed Salmon, Scallop Pot, Mix Veg, Choc. Pudding, Wh Wh Roll
6 Cheeseburger/Roll, Corn, Baked Pot Chips, Pineapple	7 Pineapple Ginger Chix, Rice, Veg Medley, Strawberry Cup, Italian Bread	8 American Chop Suey, Peas/Carrots, Orange, Rye Bread
13 CLOSED: Columbus Day	14 Chix Supreme, Whip Pot, Scandinavian Blend Veg, Mandarin Oranges, Oatmeal Bread	15 Meatball Sub/Tomato Sauce/Roll, California Blend Veg, Apple
20	21 Byfield Luncheon	22
No lunches: First Congregational Church CLOSED for Fair Preparations		
27 Meatloaf/Gravy, Whip Chive Pot, Chuck wagon Corn, Strawberry Cup, Oatmeal Bread	28 Chix a la King, Whip Pot, Mixed Veg, Fruit Cocktail, Rye Bread	29 Chix Fillet, Roasted Red Pot, Green & Gold Beans, Jello, Wh Wh Bread

OCTOBER VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1 9:00 Yoga 10:00 Matter of Balance 10:00 Visiting Nurse 11:30 Lunch	2 9:30 VAN: Walmart/Salem NH 9:30 Men's Breakfast/Tr. Way 10:45 Strength Training
6 Van to Topsfield Fair 9:00 SHINE appts. 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	7 No Shopping Van– Brown Bag 11:30 Lunch 12:30 Strength Training	8 9:00 Yoga 10:00 Matter of Balance 11:30 Lunch	9 10:30 VAN: Plaistow, NH 10:45 Strength Training
13 CLOSED: Columbus Day	14 9:30 Van: Rowley 10:00 Home Safety Program 11:30 Lunch 12:30 Strength Training	15 9:00 Yoga 10:00 Matter of Balance 11:30 Lunch	16 10:30 VAN: Target/Mann's Orchard 10:45 Strength Training 1:00 TRIAD: ICE/Photo ID & Ice Cream
20 9:00 Rep. Mirra/Office hrs. 10:30 Yoga 2:30 COA Friends/Library	21 9:30 Van: Seabrook, NH 11:45 Byfield Luncheon 12:30 Strength Training 1-2:30 Sen. Tarr's Off. Hrs	22 9:00 Yoga 10:00 Matter of Balance (@ Town Hall-Today only.)	23 10:30 VAN: Liberty Tree Mall 10:45 Strength Training ----- Fri./Sat. 10/24 & 10/25 First Congregational Fair
First Congregational Church CLOSED for Fair Preparations			
27 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 7:00 Special Town Meeting	28 9:30 Van: Newburyport 10:00 Free Legal Help by appt. 10:00 Medicare Forum 11:30 Lunch 12:00 COA Board Meeting 12:30 Strength Training	29 9:00 Yoga 10:00 Matter of Balance 11:30 Halloween Birthday Lunch	30 9:30 VAN: Haverhill 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.

