



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...

As quickly as an afternoon breeze catches dry leaves at the end of the day, rushing them into the evening sky, summer has ended and fall has begun. The change of seasons catches us by surprise and brings the mix of emotions that come along with any change in our daily life. A little poignancy blends with the sweetness of crisp autumn days. Perhaps a little worry about the winter creeps along with the lengthening afternoon shadows, but hope for spring waits with sleeping plants.

As we adjust to this new season, change seems to take up residence in all parts of our lives. Whether we see news on television, hear it on the radio or read about it in newspapers, we know that our world is changing politically, economically, environmentally and socially. Though we may not always welcome the changes that life presents, the opportunity for growth is the gift that change offers us.

But while the turn of world events may leave us unsettled, there are things that remain eternal and constant. Watching the waves roll onto the beach at Plum Island, hearing the sound of geese over Pentucket Pond, or catching the scent of wood smoke in the evening air, reminds us that there are things that we can count on to remain unchanged in life. The sight of a friend's smile will always warm our hearts and the sound of laughter will always lift our spirits. Easy gifts to share with ourselves and others that can provide us balance as we weather the winds of change together.

Flu Shot Clinic

Georgetown Sr. Center

(located at the First Congregational Church)

Wed., November 5th

9:00 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. 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 card and/or Senior HMO cards to the clinic.**
- ❖ **If possible, bring a photocopy of your insurance/Medicare card(s). (It will help to speed up the in-take process.)**
- ❖ **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.

Medicare Part D Enrollment Period

The enrollment period for Medicare Part D allows elders to make choices/changes in their Medicare prescription plan between Nov. 15 & Dec. 31 2008. To determine if your Medicare Part D plan needs to be changed SHINE advises elders to:

- Review medications with your doctors;
- Save information you receive from your current health insurance plan regarding "creditable" coverage or changes in the formulary;
- If you are a MassHealth or Prescription Advantage member, be sure that your plan premium is at or below \$31.74;
- Call your current insurance company to confirm premium changes, ask if your medications are still on the formulary and ask about the co-payment of each medication;
- To make an appointment with a local SHINE counselor to review all your insurance information. Call the Georgetown COA at (978) 352-5726;
- Call Mass Medline at 1-866-633-1617 to discuss alternatives to brand name drugs, or other pharmacy benefits.

November Activities

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

NOVEMBER VAN SCHEDULE 2008

Shopping Date	Location	Recreation Date	Location
Monday Nov. 3	Brown Bag only – NO VAN	Nov. 6	Super Walmart, Salem NH
Nov. 11	Veteran's Day - CLOSED	Nov. 13	Rowley –grocery shopping
Nov. 18	Middleton	Nov. 20	Christmas Tree Shop, Salem, NH
Nov. 25	Newburyport	Nov. 27	Thanksgiving Day - CLOSED

ESMV CASE MANAGER: Jennifer Cook will be on leave through the month of November, 2008. At this time, she plans to resume office hours on December 1st. Watch for more details. If you need assistance, please call the COA at (978) 352-5726.

SHINE Office Hours: Do you have health insurance questions? SHINE Counselor Marilyn Diehl will be here on **Mon., Nov. 3rd from 9:00 a.m. to 11:30 a.m.** If you cannot come to the Senior Center, contact the COA and we can arrange a phone or home visit for you. Call (978) 352-5726.

GARDEN CLUB CRAFTS: Georgetown Country Gardeners invite seniors to a morning of fun & crafts on the **first Tuesday of the month at 9:30 a.m.** Crafts are free, but we do ask you to sign up ahead to help with planning.

November 4th Cornucopias RSVP ASAP and December 9th Christmas Centerpieces RSVP by 12/2/08

FALL PREVENTION PROGRAM: Learn tips and strategies to prevent falls and avoid injury when **Sports Medicine & Rehabilitation Program Manager Peter von Lossnitzer** joins us on **Tuesday Nov. 4, 10 a.m.**

FLU CLINIC: Wed., Nov. 5th, 9:00 – 12:00 p.m. The visiting nurse will **NOT** be available to take blood pressure, check blood glucose levels etc. today.

LIFE TRANSITIONS DROP-IN GROUP: November meeting cancelled due to Flu Clinic. Bereavement Field Coordinator **Lucille Bonanno** will lead a Life Transitions Drop-in Group the first Wednesday of each month returning **Wednesday Dec. 3, 10 a.m.** On a drop-in basis, Lu will be available to discuss some of the transitions that arrive in life including retirement, grief and care-giving. For further information, call the COA office at (978) 352-5726.



MEN'S BREAKFAST Veterans' Agent **Terry Hart** will be the featured guest speaker on **Thurs. Nov. 6th, 9:30 a.m. at Trestle Way.** Please call the COA office at (978) 352-5726 to sign up. Thanks to Crosby's Market & the Georgetown Housing Authority for supporting our monthly program. Discussing memory disorders, **Neuropsychologist Dr. Buck Woo** will be the guest speaker at the Men's Breakfast on **Thursday Dec. 2, 9:30 a.m. at Trestle Way.**

VETERANS' DAY: Both the COA office and the Senior Center will be closed on **Tuesday, November 11th.**

DE-CLUTTERING WORKSHOP: We all have hot-spots affected by clutter. Learn the tips and strategies of clutter management when Case Manager **Kim Flowers** of Elder Services of the Merrimack Valley joins us on **Wednesday Nov. 12, 10 a.m.** To assist in planning for the event, please call (978) 352-5726.

NOVEMBER BIRTHDAY PARTY: Join us on **Mon, November 17th at 11:30 a.m.** for the celebration! Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 11/10/08 to assist with planning.** We will be playing Bingo at noon. Plan to join us. Cost is \$1/card for everyone.



BYFIELD PARISH CHURCH LUNCHEON: **Byfield Parish Church** invites seniors to enjoy lunch with them on **Tuesday, Nov. 18th at 11:45 a.m.** Contact Minda at 978-352-2022 for reservations.

WWII VETERAN TO SPEAK: Veteran, POW & Author **John Katsaros** of Haverhill will discuss his recently published book "**Code Burgundy, The Long Escape**" **Wed., Nov. 19 at 10 a.m.** Refreshments will be served. To assist in planning for the event, please call (978) 352-5726.

WRITING WORKSHOP: **Tuesday, Nov. 25th at 10:00 a.m.** Join us for a morning of writing about fun food memories and thoughts. To assist with planning, please call the COA office at (978) 352-5726.

Don't Forget to Vote! Presidential Election to be held **Tues., Nov. 4**
Polls will be open from **7 a.m.-8 p.m.** at the Penn Brook School.

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	11:00 a.m.	

With the return of fall schedules, the Walking Club has resumed Tuesdays, 8 a.m. Please call the COA at (978) 352-5726 if you are interested in participating.

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

Falls Prevention Program scheduled

According to the Massachusetts Department of Public Health, falls are linked to death and injury in all age groups, but older adults are particularly vulnerable. Falls are the leading cause of unintentional injury death for men and women aged 65 and older in Massachusetts and account for nearly one-third of unintentional injury deaths for this population. Learn tips and strategies to prevent falls and avoid injury when **Sports Medicine and Rehabilitation Program Manager Peter von Lossnitzer** presents an important Falls Prevention Program **Tuesday Nov. 4, 10 a.m.** at the First Congregational Church located on Andover Street.

Kiwanis Annual Thanksgiving Dinner

Turkey with all of the fixings, Music, Raffles...& Fun!



Sat. November 22nd, 2-4 p.m.

Penn Brook School

RSVP Before Nov. 13th.

De-cluttering Workshop scheduled

Clutter. Whether it's in our garage or attic or strewn across our kitchen table and desks, few of us can say that we are not affected by clutter. Although it is sometimes difficult to keep disorder at bay, there are tips and strategies that can help us manage the hodgepodge of everyday life. Presented by Case Manager **Kim Flowers** of Elder Services of the Merrimack Valley, join us for a **De-cluttering Workshop Wednesday Nov. 12, 10 a.m.** To assist in planning for the event, please call (978) 352-5726.

Author and World War II Veteran

John Katsaros to speak

Telling the story of how his plane was shot down over France during World War II, his capture by German Gestapo and his eventual escape through France, author **John Katsaros** of Haverhill will discuss his recently published book "**Code Burgundy, The Long Escape**" **Wed., Nov. 19 at 10 a.m.** Refreshments will be served. To assist in planning for the event, please call (978) 352-5726.

Special Town Meeting

Monday Nov. 17, 7 p.m.

Georgetown Middle/High School.

A quorum of 100 voters is needed to conduct business at the meeting.



Holiday Happenings

The season is upon us! Be sure to make your reservations early.

GMHS Annual Breakfast/Concert

The GMHS music department invites seniors to enjoy breakfast & a concert to be held at the high school on **Fri. December 5th at 8:15 & 9:00 a.m.** respectively. RSVP before November 24th.

COA Annual Christmas Party

In conjunction with the Rotary Club, Georgetown Housing Authority, Police & Erie 4 Fire Dept., the COA invites seniors to celebrate the holidays at Trestle Way on **Sat. Dec. 13, 2-4 p.m.** We will be serving a light buffet, music and...if we are very good... Santa may even find his way for a quick visit! RSVP before December 4th.

Around the Community...

Grief Support Group: Facilitated by Beacon Hospice, Anna Jaques Hospital will offer a Grief Support Group **Wednesdays beginning Nov. 5 through Dec. 17, 6-7:30 p.m.** in the Higgins Conference Room. Call (978) 372-4211 to register.

Coping with the Holidays workshops: Facilitated by Merrimack Valley hospice, Beacon Hospice and Hospice of the North Shore, Anna Jaques Hospital will offer one-day workshops on Coping with the Holidays **Sunday Nov. 9, 2-4 p.m.** (call 978-552-4572 to register); **Sunday Nov. 16, 2-4 p.m.** (call 978-372-4211 to register) and **Tuesday Nov. 18, 6:30-8:30 p.m.** (call 978-774-5100 to register). All workshops will be held in the Higgins Conference Room at Anna Jaques Hospital.

Alzheimer's Disease and Memory Loss Disorders Discussion Group: **Dr. Buck Woo**, neuropsychologist from Anna Jaques Hospital and Merrimack Valley Hospital will lead a discussion group about Alzheimer's disease and other memory-loss disorders on the **second Monday of every month, 6-7 p.m.** at **Atria Merrimack Place**, 85 Storey Avenue, Newburyport. Refreshments will be served. **Dr. Woo will also be the guest speaker at the Men's Breakfast scheduled Thursday Dec. 2, 9:30 a.m. at Trestle Way.**

Heating Assistance Resources

With the early arrival of autumn this year, Rep. Harriett Stanley has provided important resource information regarding heat assistance available in the community and from the state.

- Administered by 22 regional nonprofit and local government organizations throughout the Commonwealth, the **Low-Income Home Energy Assistance Program (LIHEAP)** is available to individuals with low or moderate incomes. Receiving federal, state, utility and private funds, the local energy assistance agency is Community Action. Last year, Community Action served more than 3,600 low and moderate income households. This year, the agency has already received over 2,000 applications.
- **Community Action** can help with weatherization, helping to re-fit homes for energy efficiency, by insulating, weather-stripping and caulking windows. Sometimes they can find funds to repair or replace old furnaces and boilers. They can also help with direct payments to utilities on oil, gas and electric heating bills and sometimes are able to help pay a portion of each month's rent for people in apartments where the heat is included in the rent.
- Income guidelines are required. To find out if you qualify: call the **DHCD Cold Relief Hotline** at 1-800-632-8175, or call your local energy assistance agency. Go to <http://app1.ocd.state.ma.us/fuel/> to find the agency nearest you.
- **Other programs**, such as **Energy Bucks** (<http://www.energybucks.com/> **1-866-LESS-COST**) and **Citizen's Energy**— of "Joe for Oil" fame — also offer qualified assistance to Bay Staters. (<http://www.citizensenergy.com/> **617-338-6300**)
- **Private groups**, such as churches and special interest funds also offer some assistance and are listed with Community Action.

Rep. Stanley reminds residents that her office is available for assistance by calling 617-722-2000. "As state legislators, we may know of other resource opportunities that are native to our area," Rep. Stanley says.

"You are members of the community who have given so much over the years," Rep. Stanley says. "We want to do what is in our power to ensure that you enjoy a warm home during what can be a classically beautiful New England winter."

Council on Aging Services

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

VISITING NURSE

On the first Wednesday of each month, from 10:00AM – 11:30 AM, Judy Anderson, RN is available at the Senior Center to perform Blood Pressure checks, shots, etc. Trestle Way residents may also visit with the nurse in the Community Building on the first Wednesday of each month, 1:00 PM-3:00PM.

TRANSPORTATION: SHOPPING

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

TRANSPORTATION: NORTHERN ESSEX ELDER TRANSPORTATION PROGRAM

This program provides rides for senior citizens to medical appointments. Arrangements should be made at least THREE days in advance of the appointment by calling the Council on Aging office at (978) 352-5726. If the office is closed, please leave a message (and remember that we are not open on Fridays). After the ride is arranged, the DRIVER will call you the day before the ride. A donation of 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. The bus can be used for any purpose to a limited service area (Georgetown, Haverhill, Groveland, area hospitals & trains). For a detailed brochure contact the COA.

S.H.I.N.E. Serving Health Information Needs of Elders will help you understand your health insurance concerns. Call COA to set up an appointment with their representative.

EQUIPMENT LENDING PROGRAM

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

FILE OF LIFE & YELLOW DOT PROGRAMS

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

HANDICAP PLACARDS

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

HEALTH CARE PROXIES

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

THE FILE

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

FOOD PANTRY

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

Updated 7/14/08

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

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U. S. Postage

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Haverhill, MA

We strive to keep our mailing list up-to-date. Your assistance is important. Please let us know if you would prefer not to receive the newsletter or if the addressee is no longer at this address.

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

**Georgetown Council on Aging
1 Library Street
Georgetown, MA 01833
(978) 352-5726**

**Office Hours:
Monday – Thurs. 9 am – 1 pm**

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

**Open:
Monday – Wed. 9 am – 1 pm**

PUBLIC NOTICE

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

**NEXT BOARD MEETING:
Tuesday Nov. 25, 2008**

Town of Georgetown:

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

Georgetown Council on Aging:

Director: Colleen Ranshaw-Fiorello

Office: Julie Pasquale, Newsletter

Alice Girrior, Senior Aide

Dave Hall, Van Driver

Jeannine DesJardins, Volunteer

Mealsite Coordinator: Ginny Ryder

Board Members:

Barbara Morehouse, Chairman

Corona Magner, Vice Chairman

Bertha Foster, Treasurer

Barbara Miller, Secretary/Clerk

Marian Jordan ~ Claire Maimone

Rosemary Morse ~ Diane Prescott

Ginny Ryder ~ Chandler Noyes (Alternate)

Joe Young (Alternate)

**Georgetown COA
Webpage**

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

Council on Aging Mission Statement

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

November Lunch Menu

The MVNP is made possible in part by funding from the Older Americans Act as granted by Elder Services of the M. Valley

Lunch is served Monday through Wednesday at the Senior Center at 11:30 a.m. Cost is \$2.00.

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

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
3 Veal Cacciatore/Marinara Sauce White Rice, Mixed Veggies, Mandarin Oranges, Italian Bread	4 Swedish Meatballs/Gravy, Whip Garlic Pot., Green & Gold Beans, Applesauce, LF Cran/Orange Muffin	5 Cranberry Juice, Chicken Patty, Fall Blend Veggies, Raspberry Smoothie Whole Wheat Sandwich Roll
10 Orange Glazed Chix, Buttermilk Biscuit, Sour Cream & Chive Whipped Pot., French Style Green Beans, Peaches	11 <hr/> Closed Veteran's Day <hr/>	12 Baked Lasagna/Marinara Sauce California Blend Veggies, Fresh Orange, Italian Bread Stick
17 Stuffed Peppers/Tomato Sauce, Peas & Mushrooms, Carrots & Turnip, Fresh Apple, Dark Rye Bread	18 LS Hot Dog/Hot Dog Roll, Baked Beans, LS Potato Chips, Chilled Pears	19 Tarragon Chicken ¼, Cranberry Sauce Scalloped Pot., Mixed Veggies, Apricot Smoothie, Oatmeal Bread
24 Stuffed Cabbage/Marinara Sauce, Sweet Peas, Mandarin Oranges, Multigrain Bread	25 Baked Chicken ¼, Ziti with Alfredo Sauce, Broccoli, Chilled Fruit Cocktail, Oatmeal Bread	26 Pier 17 Fish/Lemon Juice Roasted Red Pot., Mixed Veggies, Fresh Orange, LF Cherry Loaf



**And the prayer, which my mouth is too full to express,
Swells my heart that thy shadow may never be less,
That the days of thy lot may be lengthened below,
And the fame of thy worth like a pumpkin-vine grow...**

From "The Pumpkin" by John Greenleaf Whittier (Poets.org website)



November Van & Activities Calendar

Monday	Tuesday	Wednesday	Thursday
3 VAN: Brown Bag Only 9:00 SHINE 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	4 NO VAN 8:00 Walking Club 9:30 Craft: Cornucopias 10:00 Fall Prevention Prog. 11:30 Lunch 12:30 Strength Training	5 NO Visiting Nurse or Drop-in Group today 9:00 Yoga <u>9:00-12:00 FLU CLINIC</u> 11:30 Lunch	6 VAN: Walmart/Salem NH 9:30 Men's Breakfast 11:00 Strength Training
10 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	11 <hr/> CLOSED: Veterans Day <hr/>	12 9:00 Yoga 10:00 De-Cluttering Wkshp 11:30 Lunch	13 VAN: Rowley Grocery Shopping 11:00 Strength Training
17 9:30 Dolls 10:30 Yoga 11:30 Birthday Lunch 12:00 Bingo	18 VAN: Middleton 8:00 Walking Club 11:45 Byfield Parish Lunch 12:30 Strength Training	19 9:00 Yoga 10:00 "Code Burgandy" John Katsaros 11:30 Lunch	20 VAN: Xmas Tree Shop Salem NH 11:00 Strength Training
24 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	25 VAN: Newburyport 8:00 Walking Club 10:00 Writing Group 11:30 Lunch 12:00 Board Meeting 12:30 Strength Training	26 9:00 Yoga 11:30 Lunch	27 <hr/> CLOSED: Thanksgiving Day <hr/>

Van Trips: The cost is \$2.00 roundtrip. The Shopping Van will start picking up at 9:30 a.m. Recreation trips will vary; confirm pick-up time when you call. Make your reservations ASAP by calling the COA at (978) 352-5726.