



A FEW GRAY HAIRS



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

Vol. 11/Iss. 5

November 2009

Website: www.georgetownma.gov

Director's Notes... With its traditions of football, parades, family gatherings and multi-course dinners with roast turkey cast in the featured role, I really enjoy the celebrations that surround an American Thanksgiving. Growing up in Canada, Thanksgiving is celebrated in mid-October (Columbus Day weekend) and features more of a harvest theme that connects communities, churches and families. Following our move to the states, we would often enjoy two Thanksgivings, traveling home to my grandparents in October and joining friends in November for American Thanksgiving – truly the best of both worlds. As one of their traditions, our friends would join hands around their dining room table with each family member sharing a moment of gratitude or thankfulness. The moment of sharing became a blessing in itself, as we sat surrounded by the scent of roast turkey with its hint of sage, apple and gourd centerpieces reflecting the glow of soft candlelight as hands connected each family member. Research shows us that gratitude and thankfulness are important components in a healthy personality. Focusing on gratitude allows us to live lives that are fulfilling and productive. As a result, we gain contentment, optimism and wellbeing. During this season of thankfulness, take a moment to say thank you or write a thank you note to someone in your life. Take a moment each day to reflect on one blessing, recording it in a journal or daily calendar and holding it in your mind as you end your day and prepare for sleep. And when you sit with family and friends to enjoy Thanksgiving dinner, hold hands and share a gratitude, remembering that I am thankful for each of you.

Tax Work-Off Applications Available in December

The Property Tax Incentive Program will be available to residents 60 years and older again this year. The program will begin January 1, 2010 and conclude on October 31, 2010. The program currently permits elders to reduce their property taxes by \$500 per calendar year in exchange for 66 hours of volunteer service to the town. Application forms and guidelines are available in December at the Council on Aging office located at Town Hall. For further information, please call the COA office at (978) 352-5726.



VA Warns About Telephone Scam

The Department of Veterans Affairs (VA) is warning Veterans **not to give credit card numbers over the phone** to callers claiming to update VA prescription information. Veteran Service Organizations have brought to VA's attention that callers are misrepresenting the VA to gain personal information over the phone. The callers say that VA recently changed procedures for dispensing prescriptions and ask for the Veteran's credit card number. Veterans with questions about VA services should contact the nearest VA medical center or call, toll-free, 1-877-222-8387.

Medicare Open Enrollment Available Nov. 15-Dec. 31, 2009

With Medicare's annual open enrollment scheduled Nov. 15-Dec. 31, individuals with Medicare will soon receive information regarding their health insurance and prescription drug plans. According to the Centers for Medicare and Medicaid Services, each year health insurance and prescription drug plans change what they cost and what they cover. The annual open enrollment period allows people with Medicare to add, drop or change their health insurance, prescription drug coverage or to select a new health plan for 2010. The SHINE (Serving the Health Information Needs of Elders) program reminds people with Medicare to open and read all mail from Social Security, Medicare and your health insurance plans. Save information that you receive from Social Security, Medicare and your health insurance plan. SHINE Counselor Jerry Goldberg will hold office hours Monday Nov. 2 and Monday Dec. 7, 9-11 a.m. at the COA Meal Site, located at the First Congregational Church on Andover Street. If you are unable to attend scheduled office hours, please call the COA office at (978) 352-5726 to make other arrangements.

**SPECIAL TOWN MEETING AT GMHS
Monday, November 16th at 7:00 p.m.**

November Activities

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

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

NOVEMBER VAN SCHEDULE 2009

Shopping Date	Location	Recreation Date	Location
Nov. 3 rd	NO VAN – Brown Bag Only	Nov. 5 th 9:30	Super WalMart/Salem, NH
Nov. 10 th 9:30	Rowley	Nov. 12 th 10:30	North Shore Mall
Nov. 17 th 9:30	Newburyport	Nov. 19 th 10:30	Seabrook, NH
Nov. 24 th 9:30	Plaistow, NH	Nov. 26 th 10:30	NO VAN – Thanksgiving Day

We will be closed on Wed. 11/11/09 (Veterans Day) & Thurs. 11/26/09 (Thanksgiving)

ESMV CASE MANAGER: ESMV Case Manager Jennifer Cook will hold office hours at the Senior Center on **Mon. Nov. 2, 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., Nov. 2, 9:00 – 11 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.**

November 3 Fall Flower Pots **RSVP before 10/27/09**
December 7 Christmas Centerpieces **RSVP before 12/2/09**

VISITING NURSE: **Wed., November 4, 10:00 – 11:00 a.m.** Public Health Nurse **Judy Anderson** will be available to take blood pressure, check blood glucose levels & discuss any medical concerns seniors have. A visiting nurse is also available for Trestle Way residents in their Community Building from 1:00-3:00 p.m.

MEN'S BREAKFAST: Join us for **Men's Breakfast** on **Thursday Nov. 5, 9:30 a.m.** at **Trestle Way**. In honor of Veteran's Day, **Veteran's Agent Terry Hart** will be joining us. Bring your questions and comments for discussion. To make reservations, please call the COA at (978) 352-5726. Next breakfast: Dec. 3rd with guest speaker Dr. Nadeem Afridi. Thanks to Crosby's Market & the Georgetown Housing Authority for supporting our monthly program.

HARMONY SISTERS TO PERFORM: Come and celebrate Veteran's Day with a **Patriotic Musical Review** by **The Harmony Sisters** on **Tues. Nov. 10, 10:00 a.m.** If you plan to attend, please contact the COA at (978) 352-5726.

NOVEMBER BIRTHDAY PARTY: Join us on **Tues. Nov. 17 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 11/10/09 to assist with planning.**

THANKSGIVING DISCUSSION GROUP: Join Colleen as we delve into Thanksgivings past. Bring your memories, photos and/or something which gives you a thankful heart. We will meet at **10:00 on Tuesday, November 24.** If you plan to attend, please call the Council on Aging at 978-352-5726.

Coming in December...



Elder Abuse program presented by Elder Justice Network on **Tuesday Dec. 8, 10 a.m.**

Greg Curtis will be with us **Tuesday Dec 15, 10 a.m.** for a holiday program featuring holiday music and American standards. We'll have refreshments. The program will be funded with a grant from the Georgetown Cultural Council.

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* Monday & Wednesday 3:30 – 6 p.m. Penn Brook School Walkers are asked to sign in and out in the COA log book at the school's front desk.
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.	

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: Bill Kittredge (978) 352-4968	
2	29	45	50	72



Harmony Sisters Return!

Celebrate Veteran's Day with a

Patriotic Musical Review On

Tues. Nov. 10, 10:00 a.m.

Light refreshments will be served. If you plan to attend, please contact the COA at (978) 352-5726.



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

Mark Your Calendars!

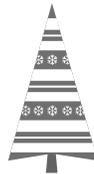
Sat. Nov. 21
2-4 pm

Kiwanis Dinner
Penn Brook School
RSVP by 11/12/09



Fri. Dec. 4
8:15 Breakfast
9:00 Concert

Holiday Concert/Breakfast
GMHS
RSVP by 11/24/09



Wed. Dec. 9
2-4 pm

Annual Holiday Party
Trestle Way
RSVP by 12/2/09
Seats are limited. Sign up early.



Lower Your Chances of Getting & Spreading the Flu

(Source: U.S. Dept. of Public Health)



~Get a flu shot every year.

~Keep your hands away from your eyes, nose, and mouth.

~Cover your mouth & nose with a tissue when you cough or sneeze.

~Use a household cleaner on things that are touched often.

~Wash your hands often with soap & warm water or use an alcohol-based hand gel.

~ If you are sick, **STAY HOME.**



Edwardian Christmas Tea

The Women's Guild at the First Congregational Church is pleased to present **Rita Parisi** of Waterfall Productions by hosting an **Edwardian Christmas Tea Guest Social Friday Nov. 20, 2-4 p.m. at the First Congregational Church.** Enjoy

some holiday cheer as Mrs. Gordon, portrayed by Ms. Parisi, transports you back to Christmas 1909 with stories of her plans for the holiday season, adventures shopping in Boston and a reference to her 1909 Sears and Roebuck's catalog to check the prices of items on your Christmas shopping list. There is no charge for the program. The Women's Guild will serve tea, coffee and finger foods. A free-will offering will be available. For more information or to make reservations for yourself or group, please call Joan Chatterton at (978) 352-8033 before Monday Nov. 16.



What Does Love Mean?

A group of professional people posed this question to a group of 4 to 8 year-olds. This is what Rebecca, age 8, had to say...



"When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love."



Thanks to Joyce Spinelli for her submission. We will try to print a few of the other responses in future newsletters as space permits.

Community Action Heating Assistance applications available

With the start of the heating season, Community Action's Heating Assistance Program is underway. Funded through a combination of federal, state, city, utility and private grants, Community Action provides heating and weatherization assistance to eligible households. 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 and Verizon Landline Telephone. Funding is also available for home energy efficiency projects including the replacement of furnaces and boilers. 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:

\$560 per week; \$2,427 per month or \$29,126 per year

Two people in the home:

\$732 per week; \$3,173 per month or \$38,087 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. 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.

Food Resources Available at COA

With the approach of winter months, it often becomes difficult to stretch the budget to include the increased cost of heat and other utilities. Along with information regarding home heating resources, the COA also has a list of food resources that can help in maintaining wellbeing along with stretching a household budget. Information regarding the Massachusetts Food Stamp Program, Elder Brown Bag, local food pantries and community meals (that nourish not only the body, but the soul with friendship) are all available at the COA office. For more information, call (978) 352-5726.

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
@ 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 November 24, 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: Mickey Locke
Board Members:
Claire Maimone, Chair
Corona Magner, Vice Chair
Chandler Noyes, Treasurer
Barbara Miller, Secretary/Clerk,
Diane Prescott, Ginny Ryder
Cynthia Tardif, Esther Palardy
Alt: Jeannine Desjardins, Suzanne Lind

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.

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.

November 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>
2 OJ, Broccoli/Cheese/Egg Bake, O'Brien Pot, Green/Gold Beans, Mixed Fruit, Light Rye Bread	3 Apple Juice, Lemon-Pepper Chicken, Dirty Rice, Winter Blend Veggies, Mandarin Oranges, Italian Bread	4 Council on Aging Surprise Soup, Salad, Dessert
9 Fruit Punch, Veal Roulard/Gravy, Garlic Whip Pot, Carrots, Asparagus, Sherbet Cup, Snowflake Roll	10 OJ, Rosemary Chix ¼, Whip Pot, Harvard Beets, Fresh Apple, Oatmeal	Center Closed-Veteran's Day
16 Apple Juice, Swedish Meatballs/Gravy, Whip Garlic Pot, Carrot Coins, Pears, Multigrain Bread	17 Fruit Punch, Latino Style Baked Fish, White Rice, Tuscany Blend Veggies, Mixed Fruit, Garlic Bread	18 Corn Chowder, Chicken Dippers, Sw/Sour Sauce, Rice Pilaf, Green Beans Almandine, Fresh Orange, Oatmeal Bread
23 Fruit Punch, Stuffed Peppers/Tomato Sauce, Peas/Mushrooms, Fresh Apple, LF Cran-Orange Muffin	24 Apple Juice, Baked Stuffed Chicken/Gravy, Loaded Whip Pot, Mixed Veggies, Peach Cup, Wh Wh Bread	25 Chicken Rice Soup, Scallops a la Ritz, Dirty Rice, California Veggies, Ice Cream Cup, Lt. Rye Bread
30 Apple Juice, Breaded Pork Chop, Gravy, Whip Sweet Pot, Cauliflower/Red Pepper, Mixed Fruit, Oatmeal Bread		

NOVEMBER VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 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	3 No Van-Brown Bag 9:30 Fall Flower Pots 11:30 Lunch 12:30 Strength Training	4 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch 3:30-6 Walking/Penn Brook	5 9:30 Men's Breakfast 9:30 VAN: Walmart/Salem NH 11:00 Strength Training
9 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30-6 Walking/Penn Brook	10 9:30 VAN: Rowley 10:00 Harmony Sisters 11:30 Lunch 12:30 Strength Training	11 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> Closed for Veterans Day </div>	12 10:30 VAN: North Shore Mall 11:00 Strength Training
16 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30-6 Walking/Penn Brook <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-top: 5px;"> **7:00 Special Town Mtg** </div>	17 9:30 VAN: Newburyport 11:30 Birthday Lunch 12:30 Strength Training	18 9:00 Yoga 11:30 Lunch 3:30-6 Walking/Penn Brook	19 10:30 VAN: Seabrook, NH 11:00 Strength Training <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-top: 10px;"> 11/21 Kiwanis Dinner → → </div>
23 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30-6 Walking/Penn Brook	24 9:30 VAN: Plaistow, NH 10:00 Holiday Discussion 12:00 COA Board Meeting 12:30 Strength Training	25 9:00 Yoga 11:30 Lunch 3:30-6 Walking/Penn Brook	26 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> Closed for Thanksgiving </div>
30 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30-6 Walking/Penn Brook	12/1 No Van-Brown Bag 11:30 Lunch 12:30 Strength Training	12/2 9:00 Yoga 11:30 Lunch 3:30-6 Walking/Penn Brook	12/3 9:30 VAN: Walmart/Salem NH 9:30 Men's Breakfast 11:00 Strength Training <div style="border: 1px solid black; padding: 2px; width: fit-content; margin-top: 5px;"> 12/4 GMHS Concert → → </div>

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.