



# A FEW GRAY HAIRS



Veterans' Day  
Nov. 11

A Newsletter of the Georgetown Council on Aging

Vol. 16/Iss. 5

November 2014

Email: [cfiorello@georgetownma.gov](mailto:cfiorello@georgetownma.gov)

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

**Director's Notes...** I truly enjoy Thanksgiving! The aroma of roasting turkey joins with the tantalizing scent of stuffing and mingles with the warm smells of freshly baked pies. The house is filled with the sound of happy voices as family members crowd into the kitchen, lifting lids and asking when dinner will be ready. Last Thanksgiving, the crowd when our plans for dinner suddenly grew from five hungry souls to fifteen! A leaf in the dining room table worked when we thought that we would be eight for dinner. A small table at the end of the dining room table could accommodate three more when we thought that we would be 11 sitting down together. A six-foot folding table became necessary when we realized two days before the big day that 15 of us would be on hand for what would now be a true feast. Wonderful!



Turkey and tofurkey for all! This year, we will need seating for at least one more as our new little granddaughter joins us at the banquet table. Sixteen for dinner will be just fine! However you plan to spend Thanksgiving, I hope that it will be a day filled with happiness, good food and company –



AND a seat at the table!

## Medicare Open Enrollment Ends Dec. 7

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should have received a notice from your plan. 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**, which ends **December 7<sup>th</sup>**, you will have an opportunity to change your plan for next year. 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.

## **Annual Flu Clinic Nov. 5**

The COA will host a seasonal **Flu Clinic Wednesday Nov. 5, 9:30 - 11 a.m.** at the First Congregational Church. There is no pre-registration for the clinic. Priority is given to individuals 65 years & older & those with medical conditions that may put them at risk for complications of the flu. Other individuals over 19 years may come to the clinic at 10:30 a.m. A limited supply of flu vaccine is available. **Please bring Medicare and/or Senior HMO cards to the clinic.** If possible, bring a photocopy of the cards in order to ease the process. The COA will photocopy Medicare/HMO cards in advance of the clinic. **Please wear a sleeveless or loose fitting short-sleeved shirt** to the clinic. The flu vaccine is provided by the Massachusetts Immunization Program. The Flu Clinic is sponsored by the COA & the Georgetown Board of Health. For further information, please call the COA at (978) 352-5726.

**The COA and all activities will be closed on  
Tuesday, November 11 for Veterans' Day & Thursday, November 27 for Thanksgiving.**

# November Activities

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



CALL US AT 978-352-5726.



NOVEMBER VAN SCHEDULE 2014

Shopping Date	Location	Recreation Date	Location
Nov. 4 12:30-1:30	NO VAN – Brown Bag Only Limited van rides to the polls	Nov. 6 10:30	Super Walmart/Salem, NH
Nov. 11	NO VAN – Veterans' Day	Nov. 13 10:30	Haverhill
Nov. 18 9:30	Rowley	Nov. 20 10:30	Whittier Poets' Inn/Haverhill
Nov. 25 9:30	Plaistow, NH	Nov. 27 10:30	NO VAN - Thanksgiving

**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. Nov. 3, 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: Due to the scheduled Nov. 5 Flu Shot Clinic,** Public Health Nurse **Pam Lara** will **NOT** be available this month to provide regular monthly health check-ups. Barbara Muse, R.N., a visiting nurse, is also available for Trestle Way residents in their Community Building on the first Wed. of each month from 12-2 p.m.

**MEN'S BREAKFAST: Thurs. November 6, 9:30 a.m.**  
 Trestle Way Community Building  
**Ryan Lennon, (new) Veterans Service Director for Eastern Essex District, will introduce himself & address current veteran's topics.** 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. Dec. 4. Speaker: Rev. Bill Boylan**

**Attorney Elaine Dalton**  
**Offers Free Legal Help**  
 Tues. Nov. 25, 10 a.m. by appointment only



Assistance available for: \*Health Care Proxies,  
 \*Durable Power of Attorney, \*Other elder law issues,  
 \*15 min. appointments avail.

**ANNUAL FLU CLINIC: Wed. Nov. 5, 9:30-11 a.m.**  
 See page 1 for details.

**AUTUMN CRAFT: Wed. Nov. 12, 10 a.m.**  
 See page 6 for details.

**BYFIELD PARISH SENIOR LUNCHEONS:**  
**Tues., Nov. 18, 11:45 a.m.**  
 Call the church if you plan to attend. 978-352-2022.

**AM I JUST FORGETFUL OR IS IT ALZHEIMER'S?**  
**Tues., Nov. 25, 10 a.m. First Congregational Church**  
 See page 3.



**NOVEMBER BIRTHDAY: Wed. Nov. 26, 11:30**  
 First Congregational Church

Join us as we send best wishes to our friends who were born in November. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 11/19/14 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

**Special Van Trip to Poet's Inn**  
**Thursday, Nov. 20**

Join us for a van trip to enjoy lunch at the **Whittier Regional Technical High School's well-known Poets' Inn Restaurant.** The Poets' Inn is a full-service restaurant which provides "real-world" experience to the school's Culinary Arts students. **The van will begin to pick people up at 10:30 a.m. Seating is limited.** For van reservations, please call the COA at 978-352-5726.

## 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. Nov. 18 1 - 2:30 p.m.**

**Rep. Lenny Mirra: Mon. Nov. 17 9 a.m.**

<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>Walking Club</b> Meets Mondays & Wednesdays 3:30-5:00 p.m. At Penn Brook School Participants must pre-register with the COA 978-352-5726
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.	

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
12	21	38	49	63
<b>Georgetown Senior Center</b>		40	<b>Trestle Way Community Room</b>	
Every Monday at noon	Cost: \$1.00/card covers up to 10 Games	Free Space	1 <sup>st</sup> & 3 <sup>rd</sup> 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

There will be no Walking Club on Wed. Nov. 26

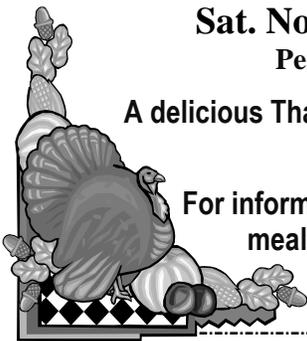
**Am I Just Forgetful or ? ?**  
**Do I Have Alzheimer's?**

Presented by  
**Pam Taylor of Care Dimensions**  
**Tuesday Nov. 25, 10 a.m.**  
 First Congregational Church

- ★ Forgetfulness is frequently due to normal aging.
- ★ Alzheimer's disease is progressive and coping with it requires advance planning.
- ★ Learn the signs of advancing illness.
- ★ Discuss information on supportive services and resources.

For more information or to sign up, contact the COA at 978-352-5726.

It's that time of year again! Come and enjoy the  
**Annual Kiwanis Thanksgiving Dinner**  
**Sat. November 22, 2 p.m.**  
 Penn Brook School



A delicious Thanksgiving Dinner with all the fixings, music and raffles!

For information or requests for home-delivered meals, call the COA before Nov. 13<sup>th</sup>.  
 (978) 352-5726

**COA Annual Holiday Party**  
**Mon., December 8, 1:00 p.m.**  
 Trestle Way Community Hall



Share the holiday spirit with friends!  
 Join us for a light meal & entertainment.  
 Music provided by Chandler Noyes;  
 Food by the Friends of GCOA.  
 Centerpieces generously provided by  
 The Georgetown Country Gardeners.



RSVP to COA (978-352-5726) before Dec. 1.

**GMHS Annual Holiday Concert/Breakfast**  
**Fri. December 5**  
**Breakfast @ 8:15 a.m., Concert @ 9 a.m.**  
 Held at Georgetown Middle/High School



Listen to the sounds of the season  
 Presented by the GHS Concert Band,  
 Chorale & GHS Chorus.

Come early and enjoy breakfast provided by the school food service.

**RSVP to COA before Nov. 25.**

Both events are free of charge.  
 Call the COA at (978) 352-5726.





# **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.

Presort Standard  
U. S. Postage

**PAID**

PERMIT #39  
Haverhill, MA



**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**  
**@ 1<sup>st</sup> 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 4<sup>th</sup> Tuesday of each month at the **First Congregational Church Andover Street, Georgetown**

**NEXT BOARD MEETING:**  
**Tuesday November 25, 2014**

**Georgetown Council on Aging:**

**Director:** Colleen Ranshaw-Fiorello

**Office:** Julie Pasquale, Newsletter

Kirsten Klueber, Outreach

Dave Hall, Van Driver

Jeannine DesJardins, Volunteer

**Meal Site 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](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 COA Meal Site located at the First Congregational Church.

## November 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>
<b>3</b> Breaded Chix, Herb Whip Pot, Peas & Carrots, Ice Cream, Oatmeal Bread	<b>4</b> Swedish Meatballs, Garlic Whip Pot, Succotash, Apricots, Wh Wh Bread	<b>5 Soup: Fish Chowder</b> American Chop Suey, Corn, Orange, Italian Bread
<b>10</b> Veal Patty/Ziti/Marinara, California Blend Veg, Vanilla Pudding, Italian Bread	<b>11</b> <b>CLOSED: Veterans Day</b>	<b>12 Soup: Beef &amp; Vegetable</b> LS Hot Dog/Roll, Baked Beans, Cole Slaw, Ice Cream
<b>17</b> Sweet/Sour Meatballs, Rice, Green Beans, Orange, Wh Wh Bread	<b>18</b> <b>NO COA LUNCH:</b> <b>Byfield Luncheon</b>	<b>19 Soup: Beef Barley</b> Stuffed Shells/Marinara Sauce, Green & Gold Beans, Pineapple Cup, LF Muffin
<b>24</b> Baked Ham/Raisin Sauce, Whip Sweet Pot, Peas & Carrots, Mandarin Orange, Multigrain Bread	<b>25</b> Beef Meatloaf/Gravy, Whip Red Bliss Pot, Veg Medley, Apricots, Dark Rye Bread	<b>26 Soup: Minestrone</b> BBQ Chix, Whip Pot, Broccoli & Cauliflower, Orange, Wh Wh Roll

### Easy Ideas for Thanksgiving Centerpieces

**Flowers Under Glass:** On a tray place individual autumn blooms under a variety of overturned wine/dessert glasses. **-OR-** Arrange gourds, with or without leaves/flowers tucked in, under the dome of a glass cake plate.

**Natural Vase:** Hollow out a pumpkin, fill with floral oasis (wet if using fresh flowers) and arrange flowers.

**Candle Holders:** Use one or more simply shaped glass container(s) & a pillar or votive candle to fit the height. Fill around the candle and up the container approx. 1/3-1/2 with whole nuts in shells, cranberries, corn (candy or natural popcorn). You can use silk leaves, but BE CAREFUL to keep them away from where the flame will be. **ALWAYS USE CAUTION WHEN DECORATING WITH CANDLES.**



## NOVEMBER VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>3</b> 9:00 SHINE appts. 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>4</b> <b>No Shopping Van- Brown Bag</b> 11:30 Lunch 12:30 Strength Training 12:30-1:30 Ltd. Van to Polls	<b>5</b> 9:00 Yoga 9:30-11:00 Flu Shot Clinic 11:30 Lunch	<b>6</b> 9:30 <b>VAN:</b> Walmart/Salem NH 9:30 Men's Breakfast/Tr. Way 10:45 Strength Training
<b>10</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>11</b> <b>CLOSED: Veterans Day</b>	<b>12</b> 9:00 Yoga 10:00 Mini-Pumpkin Craft 11:30 Lunch	<b>13</b> 10:30 <b>VAN:</b> Haverhill 10:45 Strength Training
<b>17</b> 9:00 Rep. Mirra/Office hrs. 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 2:30 COA Friends/Library	<b>18</b> 9:30 <b>Van: Rowley</b> 11:45 Byfield Luncheon 12:30 Strength Training 1-2:30 Sen. Tarr's Off. Hrs	<b>19</b> 9:00 Yoga 11:30 Lunch	<b>20</b> 10:30 <b>VAN:</b> Poets' Inn 10:45 Strength Training ----- <b>Sat. Nov. 22</b> <b>2:00 Kiwanis Dinner</b> <b>Penn Brook School</b>
<b>24</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>25</b> 9:30 <b>Van: Plaistow, NH</b> 10:00 Free Legal Help by appt. 10:00 Alzheimer's Program 11:30 Lunch 12:00 COA Board Meeting 12:30 Strength Training	<b>26</b> 9:00 Yoga 11:30 Birthday Lunch	<b>27</b> <b>CLOSED: Thanksgiving</b>

**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.