



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... Featuring a day filled with good food, family gatherings, the Macy's Thanksgiving Day Parade and high school football games, Thanksgiving Day is a favorite holiday for our family. Growing up in Canada, Thanksgiving is celebrated in October on Columbus Day. We spent many years traveling back to Canada to share Thanksgiving with my grandparents and immediate family. We were a small family but we were glad to travel those miles together, talking about what my grandmother would have planned for dinner and hoping for those special pies, homemade preserves and pickles that we knew would accompany dinner. Draped with a lace tablecloth, my grandmother's dining room table gleamed with polished silver, crystal goblets and family china that reflected the soft glow of candlelight. In its starring role of the day, the beautifully browned turkey sat ready for rest of the table quickly filled with the gracious, elegant feast for all and I am still Now it is our turn to host Thanksgiving at daughters, sons-in-law, grandchildren, family, we often have more than 20 family gleaming silver or lace tablecloth and the dishwasher. There is lots of laughter hear the person across the table but it is all family, we join hands and I give the family grandmother's table. It is perhaps the one quiet moment of the day and at that moment all the years of Thanksgivings spent in either Canada or the United States are one moment of singular gratitude – a lifetime of grace-filled Thanksgivings shared across the years and welcoming the future.



carving at my grandfather's place while the accompanying serving dishes. It was a thankful for those memories and recipes! our house. Our little family has grown! With nephews, step family members and extended members gathered around our table. No dishes are dishes that can safely go into the and sometimes you might have to strain to the sound of joy. Saying grace together as a blessing that I grew up with at my



Annual Flu Clinic
Wed. Nov. 4 9:30 - 11 a.m.
First Congregational Church

- Pre-registration **IS NOT** required for the clinic.
- A limited supply of flu vaccine is available. **Priority is given** to individuals 65 years & older & those with medical conditions that may put them at risk for complications of the flu.
- Individuals over 19 years may come to the clinic at 10:30 a.m.
- **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.**
- 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.

Medicare Open Enrollment Period
Continues through Dec. 7

Medicare plans change every year, but SHINE counselors provide Medicare counseling free of charge. SHINE Counselor Jerry Goldberg is scheduled for appointments **on Mon. Nov. 2, & Tues. Dec. 1, 9-11 a.m. at Town Hall, 2nd floor.** To schedule an appointment, 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, seven days per week, call 1-800-MEDICARE (1-800-633-4227).



Special Town Meeting: Mon. Nov. 2
7 p.m. ~ Georgetown Middle High School

The COA and all activities will be closed on Wed. November 11 for Veterans' Day & Thurs. November 26 for Thanksgiving.

November Activities

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



CALL US AT 978-352-5726.



NOVEMBER VAN SCHEDULE 2015

Shopping Date	Location	Recreation Date	Location
Nov. 3	NO VAN – Brown Bag Only	Nov. 5 9:30	Super Walmart/Salem, NH
Nov. 10 9:30	Newburyport	Nov. 12 10:30	Poet's Inn/Whit. Reg. Voc. H.S.
Nov. 17 9:30	Plaistow, NH	Nov. 19 10:30	Mann's Orchard/Methuen
Nov. 24 9:30	Seabrook, NH	Nov. 26	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. 2 & Tues. Dec. 1, 9-11 a.m. Town Hall, 2nd Floor

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. 4 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. Nov. 5, 9:30 a.m.

Trestle Way with guest speaker

Karen Tyler, Dir. Of Veterans' Services will be here to discuss Veteran topics & concerns. With great appreciation, the COA thanks Crosby's Markets for their sponsorship & the Georgetown Housing Authority for their partnership in offering the monthly program. **To make reservations, call 978-352-5726.** Next breakfast: Thurs. Dec. 3. Speaker: Fire Chief Fred Mitchell, Jr.

SIMON & GOODWIN SINGING DUO: Wed. Nov. 10, 10 a.m. First Congregational Church See pg. 3 for details.

BYFIELD PARISH SENIOR LUNCHEON:

Tues., Nov. 17, 11:45 a.m.

Call the church if you plan to attend. 978-352-2022.



NOVEMBER BIRTHDAY CELEBRATION:

First Congregational Church Tues. Nov. 24, 11:30 a.m.

Help us as 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 11/17/15 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

FRIENDS OF THE GEORGETOWN COA: Mon. Nov. 16, 2:00 p.m. (NOTE new time) at Georgetown Peabody Library. Meetings are open to the public. There will be no meeting in December.

Free Legal Help offered by Atty. Elaine Dalton

Tues. Nov. 10, 10 a.m. and

Tues. Dec. 15, 10 a.m. at First Congregational Church (Please note date change is for November & December only.)

Assistance available for: *Health Care Proxies, *Durable Power of Attorney, *elder law issues





Special Van Trip to Poet's Inn
Thursday, Nov. 12

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.

Health & Wellness Classes

Yoga classes are held at First Congregational Church.
Strength Training Classes are held at Trestle Way.
Newcomers & beginners welcome.
There is a SUGGESTED DONATION of \$3.00 per class.

WALKING CLUB

Is on hiatus.
Check back for scheduling details.

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.
	Thursday	10:45 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.
		33		
For more info, call (978) 352-5726		33	Contact: GHA (978) 352-6331	
2	29	45	50	72

Please note: When attending any class or program scheduled at Trestle Way, please be mindful to park in non-resident parking only.

Bob Simons & Renee Goodwin



Seasonal Concert
Tues. Nov. 10, 10 a.m.
First Congregational Church



- ☆ Folk Duo
- ☆ Harmonies
- ☆ Finger-style Guitar
- ☆ Featuring Seasonal Music
- ☆ Light refreshments will be served

To assist with planning, please call 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.

COA Annual Holiday Party

Mon., December 7, 1:00 p.m.
Trestle Way Community Hall



Share the holiday spirit with friends!

Join us for a light meal & entertainment.

Food provided by the Friends of GCOA.

Centerpieces generously provided by
The Georgetown Country Gardeners.



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



December Craft:

Snowman Under Glass

Tues. December 15
10 a.m.

First Congregational Church

After last winter, this is the ONLY snow we want to see. Create a whimsical snowman enjoying his winter wonderland contained in a jar! **Space is limited. RSVP before Dec. 8.** Call the COA at 978-352-5726.

It's that time of year again! Come and enjoy the Annual Kiwanis Thanksgiving Dinner

Sat. November 21, 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. 12th.
(978) 352-5726





Home Improvement Applicants Sought
Rebuilding Together (RT) is now accepting applications for no-cost home repair assistance on the Annual Rebuilding Day on Saturday, April 30, 2016. The application **deadline is Thurs. Dec. 31. Call RT** at 978-469-0800 for info and eligibility guidelines.

National Family Caregivers Month
“Respite: Care for Caregivers.”

Acknowledging the difficult and important work that caregivers provide, the Care Action Network offers caregivers the following tips and strategies:

1. **Seek support** from other caregivers and your social network. Remember that you are not alone!
2. **Take care of your own health** so that you can be strong enough to care for your loved one.
3. **Accept offers of help** and suggest specific things people can do to help you.
4. Learn how to **communicate effectively** with doctors.
5. Caregiving is hard work so **take respite breaks**.
6. **Watch out** for signs of depression and don't delay in getting professional help when you need it.
7. **Be open** to new technologies that can help you care for your loved one.
8. **Organize** medical information so it's up to date and easy to find. Call the COA for a File of Life to help organize medical and emergency information.
9. **Make sure** legal documents are in order.
10. **Give yourself credit for doing the best you can in one of the toughest jobs there is!**

For further information and caregiver resources, visit www.caregiveraction.org

Perley Pal Readers Resume

The COA & Georgetown School Department will continue the **Perley Pal Readers Program** at Penn Brook School. Now in its eighth year, the intergenerational **Perley Pal** guest reader program links Georgetown elders with early elementary classrooms. 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 1/2 hour each month to read. Interested volunteers are asked to call the COA at (978) 352-5726.

"Aging is not 'lost youth' but a new stage of opportunity and strength."

~Betty Friedan



The **Property Tax Incentive Program** will be available to Georgetown residents 60 years and older again this year. **Application forms and guidelines will be available AFTER December 1 at the Council on Aging.** The program will run January 1, 2016-October 31, 2016. The program currently permits elders to reduce their property taxes by \$500 per calendar year in exchange for 62 hours of volunteer service to the town. **Applications must be returned to the COA office by Wednesday December 30, 2015.** For further information, please call the COA office at 978-352-5726.

Heating Assistance Program

Application Packets are now available at the COA.

Households that did not apply for the program last year, can apply for the program by calling Community Action at (978) 373-1971 or the COA office at (978) 352-5726. Maximum gross income is **\$33,126** for one-person or **\$43,319** for a two-person household. This year applications are available, and can be completed, at the COA office. For more information, call the COA at (978) 352-5726.



Attention Seasonal Travelers!

With winter travel plans in place, please notify 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.

Merrimack Valley Chapter, MSOG, Inc. Presents
“Surprising Things Genealogists Do”

Sat. December 5 ~ 10 a.m.-noon ~ Georgetown Peabody Library No charge, but seats are limited. For more information, visit msoginc.org.

Coming in December...

- ***Tues. Dec. 8, 10 a.m.** Holiday Lighting Safety
- ***Friday, Dec. 11, 8:15/9:15 a.m.**
GMHS Holiday Concert/Breakfast

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.

Rep. Lenny Mirra:
For Date/Time
Call: (617) 722-2130
Email:
Leonard.Mirra@MAhouse.gov

Sen. Bruce Tarr:
Tues. Nov.17
10:30-11:30

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 November 24, 2015

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

Susan Gardiner, Treasurer

Jean Perley, Secretary/Clerk

Corona Magner, Esther Palardy, Diane

Prescott, Nancy Thompson, Caroline

Sheehan, Ann Stewart & Susan Clay,

Alternates.

Town of Georgetown:

Michael Farrell, Town Administrator

Philip Trapani, Chair, Board of Selectmen

Douglas Dawes, Board of Selectmen

Gary Fowler, Board of Selectmen

David Surface, 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.

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.

Congregate meals are 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 Baked Salmon, Roast Seasoned Pot, Broccoli, Dinner Roll, Mixed Fruit	3 Penne/Meatballs/ Sauce, Carrots, Peas, Oatmeal Bread, Choc Chip Cookies	4 Glazed Pork Loin, Scalloped Pot, Mashed Cauliflower, Roll, Peaches
9 Baked Pollock/Lemon Sauce, Roll, Roast Pot, Broccoli, Rice/Raisin Pudding	10 Beef Burgundy, WW Bread, R. Bliss Pot, Stew Tomato/Zucchini, Mandarin Or.	11 Closed: Veterans' Day
16 Roast Pork/Gravy, Mash Sweet Pot, Steam Red Cabbage, Honey W Roll, Ginger Cookie	17 Byfield Lunch	18 Baked Ham, Mashed Red Bliss Pot, Chef Blend Veg, WW Roll, Sliced Pears
23 BBQ Chix, Roast Seas. Pot, Carrots, Nat. Grain Bread, Oatmeal Cookie	24 Baked Rainbow Trout, Brown Rice, Green Beans, Honey Wh Roll, Fresh Fruit	25 Meatloaf/Gravy, Mash Pot, Mix Veg, Natural Grain Bread, Peaches
30 Pot Roast/Gravy, Mash Turnip, Broccoli, Roll, Fresh Fruit		

National Cashew Day is November 23. Enjoy this easy, sweet treat while you celebrate.

Date Cashew Snack Balls

Ingredients: 1 c. (5 oz.) Pitted Dried Dates ~ 1 c. (5 oz.) Salted/Roasted Cashews ~ 1 Tbsp. Coconut Oil
Place all ingredients into food processor. Process approx. 2 minutes until everything is ground to a paste. Roll into balls. Store in refrigerator. (I bet they would taste good rolled in coconut too!) NOTE: If the balls are too soft right out of the processor, refrigerate them until they firm up. Makes approx. 15 (1 T sized) balls

NOVEMBER VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 9:00 SHINE appts. 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	6 No Shopping Van– Brown Bag 11:30 Lunch 12:30 Strength Training	4 9:00 Yoga 9:30-11 Annual Flu Clinic (NO Visiting Nurse Today) 11:30 Lunch	5 9:30 Mens' Breakfast/TW 9:30 VAN: Walmart/Salem NH 10:45 Strength Training
9 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	10 9:30 Van: Newburyport 10:00 Simon/Goodwin Concert 10:00 Free Legal Help by appt 11:30 Lunch 12:30 Strength Training	11 Closed: Veterans' Day	12 10:30 VAN: Poets' Inn 10:45 Strength Training
16 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 2:00 COA Friends/Library	17 9:30 Van: Plaistow, NH 10:30-11:30 Sen. Tarr Off. Hr. 11:45 Byfield Lunch 12:30 Strength Training	18 9:00 Yoga 11:30 Lunch	19 10:30 VAN: Mann's Orchard/ Methuen 10:45 Strength Training <hr/> Sat. 11/21 Kiwanis Dinner 2 p.m. at Penn Brook School
23 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	24 9:30 Van: Seabrook, NH 11:30 Birthday Lunch 12:00 COA Board Meeting 12:30 Strength Training	25 9:00 Yoga 11:30 Lunch	26 Closed: Thanksgiving
30 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	Dec. 1 No Shopping Van– Brown Bag 11:30 Lunch 12:30 Strength Training	Dec. 2 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch	Dec. 3 9:30 Mens' Breakfast/TW 9:30 VAN: Walmart/Salem NH 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.