



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... Christmas was always a special holiday for my grandparents. Carefully decorated with the fragile ornaments that dated back to my grandfather's Edwardian childhood, the Scotch pine Christmas tree dripped with icicles and silver garland that cast twirling rainbow reflections onto the walls of the living room and dining room. Fragrant with the scent of holiday cooking, the counters in my grandmother's kitchen were filled with fluted pies and cookies that needed to be tested before they could be served to company. Christmas sheet music was stacked on top of the piano that came from my grandmother's home in the country and there was always room for a granddaughter beside her on the piano bench for a carol or two. My grandparents had many stories of special holidays but the story of one of their early Christmases has always stayed with me. Following the end of the Great Depression, my grandparents had Ottawa. The Depression years had for their family with significant grandfather was offered a job in to his long-time position on job meant a move away from the country to a city where they Armed with a newspaper listing rentals, my grandparents took a before Christmas and began home for their young family. They walked and took the bus checking listings without success. By the end of the day they were discouraged, cold and tired. Walking back to the downtown train station, they questioned their decision to move into the city. Suddenly, Christmas carols rang out across the city from the carillon at Parliament Hill's Peace Tower. Snowflakes drifted through the twilight. The city was quiet and time was suspended. My grandfather took my grandmother's arm and said that was all the sign they needed. Have faith, he said, all will be well. And it was. Wishing you and yours, a holiday that is filled with joy and peace for all.



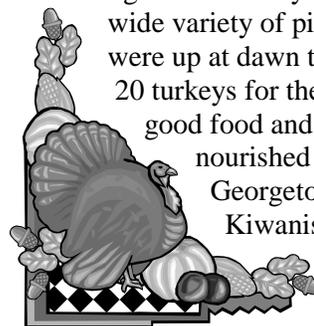
the opportunity to move to been tremendously difficult losses. Finally, my the city that eventually led Parliament Hill. The new their home and family in had no connections. apartment and home train into Ottawa just their search for a new

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 7th**, 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.

Kiwanis Club Treats Seniors to Dinner

Reminding us of the true meaning of Thanksgiving, the Georgetown Kiwanis provided Georgetown elders with a magnificent Thanksgiving dinner on November 22. Crafted by the Georgetown Country Gardeners, beautiful centerpieces graced each linen-draped table. Featuring a turkey dinner that included all of the traditional side dishes, the afternoon's menu began with hearty appetizers and ended with a wide variety of pies. Members of the Kiwanis were up at dawn to cook and serve more than 20 turkeys for the crowd. After a meal of good food and company, the annual event nourished bodies and souls! The Georgetown COA thanks the Kiwanis for all of their care and compassion and work with elders in the community.



The COA and all activities will be closed on Thursdays, Dec. 25/Christmas & Jan. 1/New Year's Day.

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

December Activities

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



CALL US AT 978-352-5726.



DECEMBER VAN SCHEDULE 2014

Shopping Date	Location	Recreation Date	Location
Dec. 2	NO VAN – Brown Bag Only	Dec. 4 9:30	Super Walmart/Salem, NH
Dec. 9 9:30	Rowley	Dec. 11 10:30	North Shore Mall/Peabody
Dec. 16 9:30	Seabrook, NH	Dec. 18 10:30	Haverhill
Dec. 23 9:30	Plaistow, NH	Dec. 25	NO VAN - Christmas
Dec. 30 9:30	Newburyport	Jan. 1	NO VAN – New Year's Day

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. Dec. 1, 9 a.m. at First Congregational Church

SHINE Counselor Jerry Goldberg is available **BY APPOINTMENT** to answer health insurance questions. If you cannot come to the scheduled hours, the COA can make other arrangements for you. **TO SCHEDULE AN APPOINTMENT, call the COA at (978) 352-5726.**

LIMITED FLU CLINIC: Wed. Dec. 3, 9:30 – 10 a.m. First Congregational Church.



Registration is required. To register, please call the COA at 978-352-5726. Please bring your insurance cards or photocopy of your insurance cards & wear a short sleeve shirt.

VISITING NURSE: Wed., Dec. 3, 10 – 11 a.m. at the First Congregational Church

Public Health Nurse **Pam Lara** provides blood pressure checks, heart assessments, & medication information & discusses 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 - 2 p.m.

MEN'S BREAKFAST: Thurs. December 4, 9:30 a.m.

Trestle Way Community Building

Rev. Bill Boylan will speak on local history. 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. Jan. 8. Speaker: Dr. Dan Tollman.**

GMHS CONCERT/BREAKFAST: Fri. Dec. 5, 8:15/9 a.m. See page 3 for details.

ANNUAL HOLIDAY PARTY: Mon. Dec. 8, 1 p.m. Trestle Way See page 3 for details.

LIGHT DEPT. SAFETY PROGRAM: Tues. Dec. 9, 10 a.m. First Congregational Church See pg. 3 for details.

FOLK DUO CONCERT: Tues. Dec. 16, 10 a.m. First Congregational Church See pg. 3 for details.



DECEMBER BIRTHDAY: Wed. Dec. 31, 11:30 First Congregational Church

Toast in the New Year as we send best wishes to our friends who were born in December. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 12/24/14 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

Snowman Cupcake Craft

Wed. Dec. 10, 10 A.M. First Congregational Church

Remember the days when making a snowman was cold, wet fun? Now it can be warm, dry & very, very sweet. Join us as we transform cupcakes into snowmen. **Space is limited. RSVP before Dec. 3. Call the COA at 978-352-5726.**



One Variation

Free Legal Help offered by **Atty. Elaine Dalton**

Tues. Dec. 23, 10 a.m. at First Congregational Church

Assistance available for: ***Health Care Proxies, *Durable Power of Attorney, *elder law issues *15 min. appts. available by calling 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. Dec. 16 1 - 2:30 p.m.

Rep. Lenny Mirra: Mon. Dec. 15 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
Meets Mondays & Wednesdays
3:30-5:00 p.m.
At Penn Brook School
Participants must pre-register with the COA
978-352-5726

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

No Walking Club on Dec. 4, 24, 29, 31
No Strength Training on Tues. Dec. 23
No Yoga on Wed. Dec. 24 & Mon. Dec. 29



Bob Simons & Renee Goodwin
Holiday Concert
Tues. Dec. 16, 10 a.m.
First Congregational Church



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



Holiday Safety Program

Sponsored by Georgetown Light Dept.
Tues. Dec. 9, 10 a.m. First Congregational Church



The holidays can be a fun and exciting time of year. They can also be a dangerous time of year. Georgetown Light Dept. will share tips and information on staying safe.

- Door Prizes
- Refreshments will be served.



To assist with planning, please call the COA if you plan to attend. (978) 352-5726

To assist with planning, please call the COA at (978) 352-5726.

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 ASAP.

Both events are free of charge.
Call the COA at (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.

Home Improvement Applicants Sought



Rebuilding Together has applications for no-cost home repair assistance on the Annual Rebuilding Day on Sat. Apr. 25, 2015. **Deadline is Tues. Dec. 31.**

Applicant eligibility:

- Own and occupy your home for at least 4 years
 - Live in the Greater Haverhill area
 - Meet Federal HUD low-income guidelines
 - Are elderly, disabled, or a family with young children
- Priority given to homes that need safety & accessibility modifications.

If you need help with home repairs, modifications, energy efficiency, please call: 978-469-0800 or email RTogether@verizon.net

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 **\$32,618** for one-person or **\$42,654** 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.



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, 2015-October 31, 2015. 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 Tuesday December 30, 2014.** For further information, please call the COA office at (978-352-5726).

FRIENDS OF THE COA FUNDRAISER



The Friends of the Council on Aging thank everyone who contributed to their raffle basket at the November elections. Won by Kay Ogden, the basket included gift certificates to The Spot, Jeff and Maria's Ice Cream, Pomodori's, Theo's, Café 97, Udderly Divine, Georgetown Building Supply. The Georgetown COA thanks the Friends of the COA and all of the raffle participants for their care and support.

Georgetown Council on Aging Needs Assessment results

To identify and prioritize the needs and interests of local elders, the Georgetown Council on Aging recently conducted a needs assessment/participation survey to evaluate how well current programs and services meet local elders' requirements and to provide a comparison with the 2008 and 2011 COA needs assessments. With 800 surveys distributed, the number of respondents was 33 or 4.1 percent. As a result of the needs assessment, the COA learned that the average respondent remains in their mid-70s and continues to live alone in a home that they own. The assessment suggests that the average respondent participates in COA programs and activities at least once a week. Favorite activities continue to be social/recreation or exercise-based programs. The top three worries or concerns shared by respondents continue to be health/wellbeing, followed by financial concerns or psycho/social concerns and then concerns related to maintaining a home as well as one's independence. The majority of respondents reported that COA programs and activities have a positive impact on their lives, allowing them to see friends, remain active and learn new things. The needs assessment will help guide the COA as we identify needs and plan programs and activities. We appreciate your responses and thank you for your support and interest in the needs assessment.



The Georgetown Police Department reports that several email and telephone scams are in circulation, including the Microsoft Phone Support Scam and IRS impersonators. Microsoft does not make unsolicited phone calls for computer security or software fixes. The IRS does not initiate contact with taxpayers by email or social media to request personal information or notify people of an audit, refund or investigation. Never give out any personal information over the phone or to a web site you did not solicit yourself. In doubt? Don't do it!



Attention Travelers & Early Snowbirds!

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. While you are away, you can access the newsletter online at www.georgetownma.gov.

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 December 23, 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.

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.

December 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 Sweet/Sour Chix Nuggets, Pot Wedges, Peas, Fig Bar, Oatmeal Bread	2 Ziti/Italian Sausage/Sauce, Peas & Carrots, Strawberry Cup, Italian Bread	3 Soup: Chicken Noodle LS Hot Dog/Roll, NE Baked Beans, Corn, Orange
8 Meatball Stroganoff, Whip Pot, Scandinavian Veggies, Peaches, Lt. Rye Bread	9 Mac & Cheese, Zucchini/Stewed Tom, Orange, LF Muffin	10 Soup: Beef Vegetable Oven Roasted Chix, Baked Pot, Peas & Carrots, Butterscotch Pudding, Biscuit
15 Cheese Lasagna/Marinara, Green Beans, Strawberry Cup, Oatmeal Bread	16 Grilled Chix Breast, Whip Pot/Gravy, Broccoli, Mixed Fruits, Wh Wh Roll	17 Soup: Chicken Gumbo Shepherd's Pie (Ground Beef, Whip Pot, Corn), Chocolate Pudding, Lt. Rye Bread
22 Cheeseburger/Wh Wh Roll, Baked Beans, Corn, Baked Pot Chips, Peaches	23 Stuffed Shells/Meat Sauce, Peas & Carrots, Orange, Wh Wh Bread	24 No Soup Today Chix Fillet, O'Brian Pot, Scandinavian Veggies, Ice Cream, Wh Wh Roll
29 Sweet/Sour Chix Meatballs, Rice, California Blend Veg, Apple, Multigrain Bread	30 Shaved Steak/Peppers/Onions, Peas & Carrots, Whip Chive Pot, Apricots, Wh Wh Roll	31 Soup: Beef Barley Apple Juice, Corned Beef/Swiss/Lt. Rye Bread, Tossed Salad w/Thousand Island Dressing, Yogurt Dessert

DECEMBER VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 9:00 SHINE appts. 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	2 No Shopping Van- Brown Bag 11:30 Lunch 12:30 Strength Training	3 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch	4 9:30 VAN: Walmart/Salem NH 9:30 Men's Breakfast/Tr. Way 10:45 Strength Training <hr style="border-top: 1px dashed black;"/> Fri. Dec. 5 8:15/9:00 a.m. GMHS Breakfast/Concert
8 9:30 Dolls 10:30 Yoga 11:30 Lunch 1:00 Holiday Party/Tr. Way <u>NO BINGO TODAY</u>	9 9:30 Van: Rowley 10:00 Light Dept. Safety Program 11:30 Lunch 12:30 Strength Training	10 9:00 Yoga 10:00 Snowman Cupcake Craft 11:30 Lunch	11 10:30 VAN: North Shore Mall 10:45 Strength Training
15 9:00 Rep. Mirra/Office hrs. 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	16 9:30 Van: Seabrook, NH 10:00 Folk Duo Concert 11:30 Lunch 12:30 Strength Training 1-2:30 Sen. Tarr's Off. Hrs	17 9:00 Yoga 11:30 Lunch	18 10:30 VAN: Haverhill 10:45 Strength Training
22 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	23 9:30 Van: Plaistow, NH 10:00 Free Legal Help by appt. 11:30 Lunch 12:00 COA Board Meeting NO Strength Training Today	24 NO Yoga Today 11:30 Lunch	25 <div style="border: 1px solid black; padding: 2px; text-align: center;">CLOSED: Christmas</div>
29 9:30 Dolls 11:30 Lunch 12:00 Bingo NO Yoga Today	30 9:30 Van: Newburyport 11:30 Lunch 12:30 Strength Training	31 9:00 Yoga 11:30 New Year's Toast/ Birthday Lunch	Jan. 1 <div style="border: 1px solid black; padding: 2px; text-align: center;">CLOSED: New Year's Day</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.