



A FEW GRAY HAIRS Happy Mother's Day

A Newsletter of the Georgetown Council on Aging

Vol. 10/Iss. 11

May 2009

Email: cfiorello@georgetownma.gov

Website: www.georgetownma.gov

May is Older American's Month

Director's Notes... As an acknowledgment of the valuable role older adults play in our community, the federal Administration on Aging (AoA) has selected "Living Today for a Better Tomorrow" as the theme for this year's Older Americans' Month. In their selection of this year's theme, the AoA notes the importance of prevention programs in assisting older adults to remain active and enjoy good health as they age. Along with programs to strengthen and prevent illness, studies also show that socialization and maintaining a strong social network are important factors in wellbeing. In Georgetown, statistics show how seriously older adults value wellness and social programs that promote activity, prevent risk of illness or disability and help people to make changes when necessary to improve health. Last year, 90 people participated 1,551 times in our exercise programs while a total of 1,465 people enjoyed recreation and social programs. We served 960 meals that nourished both body and spirit while health services and education drew another 400 people. On a daily basis, I see you become stronger through exercise, education and friendship. Bonds are deepened while bodies are strengthened and acquaintances in programs often become friends. By "Living Today for a Better Tomorrow," you provide us all with a model for aging graciously and we are fortunate to if we can follow the example you have set.

SafeLink Wireless cell phones available to elders

Created by TracFone Wireless Inc., SafeLink Wireless was recently approved to offer Lifeline to Massachusetts consumers. Lifeline is a public assistance program that ensures telephone service is available and affordable for low income subscribers. SafeLink offers free cellular phones to low-income senior citizens with limitless E911 access. In addition, the program also offers 80 minutes of free talk time per month for one year and access to features such as voicemail, text, web access, three-way calling, call waiting, and caller ID. Unused minutes will roll over to the next month, but there is a charge if you use more than 80 minutes per month.

To qualify for SafeLink you need to meet the following criteria:

1. You already participate in one of the following assistance programs:
 - *Emergency Aid to the Elderly, Disabled and Children
 - *Social Security Income
 - *Low Income Home Energy Assistance Program
 - *Food Stamps
 - *MassHealth
 - *Transitional Aid to Families with Dependent Children
 - *Fuel Assistance
2. No one in your household currently receives Lifeline Assistance through another phone carrier.
3. You have a valid US Postal Address.
4. Your total household income is at or below 135% of the poverty guidelines set by the state.

To apply in Massachusetts you can:

1. Fill out the application on the website
2. Download the completed application for your records
3. Write down the Enrollment ID that they provide when you fill out your application.

Please be aware that there is a flyer available from advertising "Free Cell Phones and Free Monthly Minutes" from a distributor named www.truLinkWireLess.com. The distributor charges a \$30 fee to assist in the application process for the legitimate company of SafeLink Wireless. There is no charge to enroll in the SafeLink Wireless program. SafeLink Wireless can be contacted by the following: www.safelinkwireless.com or 1-800-977-3768.

May Activities

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

MAY VAN SCHEDULE 2009

Shopping Date	Location	Recreation Date	Location
May 5 th	Brown Bag Only – NO VAN	May 7 th	Super WalMart/Salem, NH
May 12 th	Rowley	May 14 th	Park Lunch/Newburyport
May 19 th	Seabrook, NH	May 21 st	Super WalMart/Epping, NH & Lunch at Holy Grail
May 26 th	Newburyport	May 28 th	North Shore Mall/Peabody

ESMV CASE MANAGER: ESMV Case Manager Jennifer Cook will hold office hours at the COA Office on **Mon. May 4th at 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., May 4th from 9:00 a.m. to 11:30 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.

ESTATE PLANNING: Jason Ebacher will present an informational program on Estate Planning with specific information related to **Wills & Trusts** on **Tues., May 5th at 10:00 a.m.**

VISITING NURSE: **Wed., May 6th, 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 may have. A visiting nurse is also available for Trestle Way residents in their Community Building from 1:00-3:00 p.m.

MOTHER'S DAY CELEBRATION: Join us on **Wed. May 6th** to honor all of the mothers among us. We will serve cake and make a special presentation after lunch. Chandler Noyes will provide musical entertainment. Lunch is served at **11:30 a.m.** (\$2.00) and reservations are required. Contact the COA at 978-352-5726 if you plan to attend.



MEN'S BREAKFAST Andrew Lobb Program Director of the Wound Healing & Hyperbaric Center from **Anna Jaques Hospital** will be the guest speaker **Thursday May 7th, 9:30 a.m. at Trestle Way.** To make reservations, please call the COA at (978) 352-5726. Next breakfast: June 4th, 2009. Thanks to Crosby's Market & the Georgetown Housing Authority for supporting our monthly program.

MVRTA RING AND RIDE FORUM: Representatives from the Merrimack Valley Regional Transit Authority (MVRTA) will be on hand to present an information program on the **Ring and Ride** curb-to-curb transportation program **Tuesday May 12, 10 a.m.** Offered through the MVRTA, the shared ride service is available without charge to Georgetown residents and allows residents to commute within Georgetown as well as provides service to Haverhill, Lawrence General Hospital, Anna Jaques Hospital in Newburyport and the Rowley Commuter Rail Station. To assist in planning for the program, please call the COA office at (978) 352-5726.

OLDER AMERICAN'S MONTH ENTERTAINMENT: The Music Masters will be performing on **Mon., May 18th at 1:00 p.m.** See page 3 for details.

BYFIELD PARISH LUNCHEON: **Byfield Parish Church** invites seniors to enjoy lunch and entertainment on Tuesday, **May 19th at 11:45 a.m.** Contact Minda at 978-352-2022 for reservations.

MAY BIRTHDAY PARTY: Join us on **Wed., May 20th 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 5/13/09 to assist with planning.**

WRITING WORKSHOP: How does your garden grow? With Memorial Day often marking the start of the growing season, let's take a look at what we enjoy about gardens, favorite plants, flowers or even pesky garden visitors during a writing workshop on **Tues., May 26 at 10 a.m.** To assist with planning, please call the COA office at (978) 352-5726.



M a r k Y o u r C a l e n d a r

May 25th ~ Memorial Day

May 4th ~ Annual Town Mtg.

May 11th ~ Annual Town Election

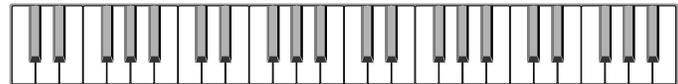
COA closed/No COA activities

Georgetown Middle/High School

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* Monday & Wednesday 3:30 – 6 p.m. Penn Brook School Walkers are required to sign in and out in the COA log book.
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	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



Celebrate Older American's Month!

Join us for a concert featuring
The Music Masters
Monday, May 18th
1:00 p.m.

First Congregational Church

You can stroll down Memory Lane then jet off to Broadway and beyond for a repertoire as varied as the singers themselves. It's an afternoon full of fun and entertainment!

Light refreshments will be served.

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

Funded by a grant from
 The Georgetown Cultural Council

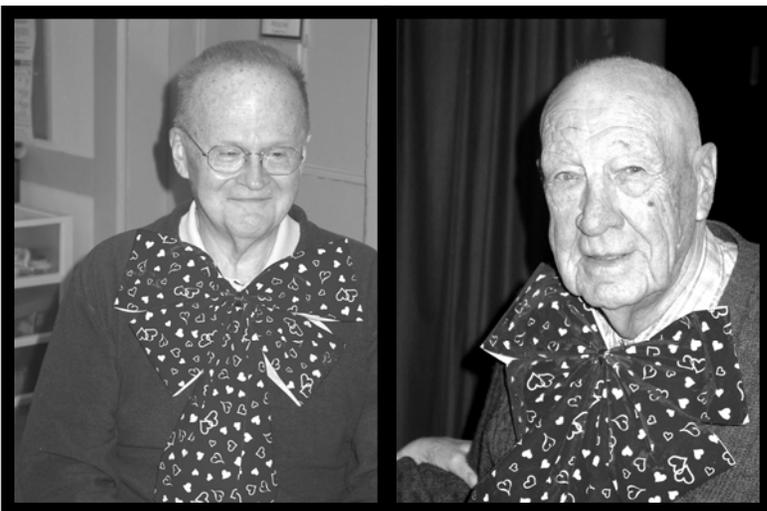


FRAUD ALERT

There is NO "President's Medicare Fraudulent Team"

DO NOT GIVE OUT your social security number, Medicare number or license number to anyone whether they call you on the phone or come to the door. **DO NOT** let anyone in that you do not know.

If you have any questions, call Elder Services at 800-892-0890 **BEFORE** giving out any information. If you have already given out information, Elder Services can help you with that too.



Chandler Noyes

Jim Boynton

Lunch at the Senior Center.....\$2.00
 Valentine's Day Party.....\$1.00
 Good times & Happy Smiles....PRICELESS!!!

Economic Recovery Payments Coming in May

As part of the *American Recovery and Reinvestment Act of 2009*, individuals who receive benefits from Social Security, Supplemental Security Income (SSI), Veterans Affairs and the Railroad Retirement Board will all receive a one-time \$250 payment this May. Individuals who receive benefits from more than one of these sources will only receive one single payment. To be sent automatically, the payments will be made separately from a person's regular monthly payments. People with direct deposit will receive their payments electronically while people who receive paper checks will receive their payments in the mail. People who receive regular payments through the Direct Express debit card will also receive their recovery payment through their card. The payment is automatic and no action by the beneficiary is necessary. Please be cautious if you are approached in any way by someone claiming to assist you in receiving the one-time payment. Unfortunately, some scams designed to take advantage of people receiving the one-time payment have already been reported. Information about the one-time recovery payment is available at www.socialsecurity.gov or www.recovery.gov.

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### **High School Students Offer Yard Work Assistance**

Recognizing that it is often hard for older adults to clean yards, rake leaves or shovel snow, students at Georgetown High School have offered to provide yard work assistance to local elders. In partnership with the school's Community Service Program and other student service groups, elders with a need for assistance will be connected with a student volunteer. **For more information, call the COA at (978) 352-5726.**

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US CENSUS TAKERS COMING TO A NEIGHBORHOOD NEAR YOU.

The Georgetown Police Department has been asked by the U.S. Census Bureau to inform our residents about this important activity. Between April and July 2009 U.S. Census employees will be visiting every housing unit in every neighborhoods in Georgetown. In order to conduct the 2010 Decennial Census, the Census Bureau must know the address and physical location of each place where people live or stay. Census employees will wear official identification and carry hand held computers to capture physical addresses and their GPS coordinates.

The Images of Mother



4 YEARS OF AGE:
My Mommy can do anything!

8 YEARS OF AGE:
My Mom knows a lot! A whole lot!

12 YEARS OF AGE:
My Mother doesn't really know quite everything.

14 YEARS OF AGE:
Naturally, Mother doesn't know that, either

16 YEARS OF AGE:
Mother? She's hopelessly old-fashioned.



18 YEARS OF AGE:
That old woman? She's way out of date!

25 YEARS OF AGE:
Well, she might know a little bit about it!



35 YEARS OF AGE:
Before we decide, let's get Mom's opinion.

45 YEARS OF AGE:
Wonder what Mom would have thought about it?

65 YEARS OF AGE:
Wish I could talk it over with Mom.



Happy Mother's Day!



W A N T E D : Recipes for Cookbook Fundraiser

The First Congregational Church is seeking recipes from the community for a new cookbook fundraiser. Favorite recipes are welcomed and can be submitted from all community members. Recipes should be printed clearly and include a name and phone number attached (in case clarification is needed). Deadline for submission is May 1. The book should be published by September. A basket is available in the Fellowship Hall to collect recipes. Recipes can also be emailed to Kirsten Davis at chuckd100@verizon.net



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 RESOURCES

For more information, contact the COA office at (978) 352-5726.

Updated 11-24-08

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

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 May 26, 2009**

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

Diane Prescott, Treasurer

Barbara Miller, Secretary/Clerk

Marian Jordan ~ Chandler Noyes

Claire Maimone ~ Rosemary Morse

Ginny Ryder

Alternates: Cynthia Tardif ~ Joe Young

Esther Palardy

Georgetown COA Webpage

is located on the town's official website www.georgetownma.gov.

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 the Senior Center, located at the First Congregational Church, will be closed. If the Merrimack Valley Nutrition Project is closed, there will be no lunches served at the Senior Center.

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.

May 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>
4 Baked Salmon Boat/Dill Sauce, Parsley White Rice, Winter Blend Veggies. Chilled Mixed fruit, Oatmeal Bread	5 Cranberry Juice, Mac & Cheese, Stewed Tomatoes & Green Beans Mandarin Oranges, Wh Wh Bread	6 Soup: Beef Barley Chicken Fajitas/Tortilla, Kernel Corn, Tortilla Chips, Fresh Orange
11 Stuffed Chix Breast/Gravy, Whip Pots. Carrots & Asparagus, Chilled Pears, Dinner Roll	12 Stuffed Pepper/Tomato Sauce, Sweet Peas, Chilled Peaches, Breadstick	13 Soup: Corn Chowder Baked Chix ¼, Red Bliss Whip Pot., Carrot Coins, Chocolate Pudding, Light Rye Bread
18 Baked Chix Breast/Tarragon Cream Sauce Whip Pots, California Blend Veggies, Chilled Pineapple, Wh Wh Dinner Roll	19 <div style="border: 1px solid black; padding: 2px; display: inline-block;">Byfield Parish Lunch</div>	20 Soup: Seafood Chowder Chicken Dippers/Sweet & Sour Sauce, Oriental Style Rice, French-style Green Beans, Fresh Orange, Oatmeal Bread
25 <div style="border: 1px solid black; padding: 2px; display: inline-block;">Closed for Memorial Day</div>	26 Veal Roulard/Mushroom Gravy, Whip Pot. Mixed Vegetables, Fresh Orange, Wh Wh Roll	27 Soup: Beef & Cheese Potato Crunch Fish, Red Bliss Whip Pot. Carrot Coins, Rice Pudding, Oatmeal Bread

MAY VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 <div style="border: 1px solid black; padding: 2px; display: inline-block;">Town Meeting 7 PM</div> 9:00 SHINE 9:30 Dolls 10:00 Jen Cook, ESMV 10:30 Yoga 11:30 Lunch 12:00 Bingo At Penn Brook School: 3:00 Computer Class 3:30-6 Walking	5 VAN: Brown Bag Only 10:00 Wills & Trusts 11:30 Lunch 12:30 Strength Training	6 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch & Mother's Day Celebrtn 3:30-6 Walking (Penn Brook)	7 VAN: Walmart/Salem NH 9:30 Men's Breakfast 11:00 Strength Training
11 <div style="border: 1px solid black; padding: 2px; display: inline-block;">Town Election</div> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo At Penn Brook School: 3:00 Computer Class 3:30-6 Walking	12 VAN: Rowley 10:00 MVRTA Ring & Ride 11:30 Lunch 12:30 Strength Training	13 9:00 Yoga 11:30 Lunch 3:30-6 Walking (Penn Brook)	14 VAN: Park Lunch/Nbpt 11:00 Strength Training
18 9:30 Dolls 10:30 Yoga 11:30 Lunch 1:00 Music Masters At Penn Brook School: 3:00 Computer Class 3:30-6 Walking	19 VAN: Seabrook, NH 11:45 Byfield Parish Lunch 12:30 Strength Training	20 9:00 Yoga 11:30 Birthday Lunch 3:30-6 Walking (Penn Brook)	21 VAN: Lunch: Holy Grail Super Walmart/Epping, NH 11:00 Strength Training
25 <div style="border: 1px solid black; padding: 2px; display: inline-block;">Closed: Memorial Day</div>	26 VAN: Newburyport 10:00 Writing Group 11:30 Lunch 12:00 Board Meeting 12:30 Strength Training	27 9:00 Yoga 11:30 Lunch 3:30-6 Walking (Penn Brook)	28 VAN: N. Shore Mall 11:00 Strength Training

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.