



A FEW GRAY HAIRS National Picnic Month

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

Vol. 11/Iss. 1

July 2009

Website: www.georgetownma.gov

Director's Notes...

Many years ago BC (Before Children), my husband and I planned a quick weekend camping trip. As the week ended, I ran to the grocery store for supplies before heading home to pack. The weather was less than perfect – overcast and chilly – with no promise of improvement. Arriving home, we started to pull out our camping equipment. Tent, sleeping bags, tarps and cooking gear soon filled our living room. It was already 8 p.m. and we still needed to make dinner. Finally, we stopped and looked at each other. Did we really feel like continuing to rush for another few hours in order to spend the weekend in a damp tent? Not really. Did we want to tell anyone that we were not going away for the weekend and would indeed be home? Not really. It turned out to be a very nice weekend. We slept late and ate a leisurely breakfast. We went to Newburyport where one of us went to the library while the other one indulged in his favorite childidog from the cart on Inn Street. It was a great weekend – and because everyone thought that we were away, the telephone never rang! Whether you have planned a vacation to parts unknown or will enjoy a “stay-cation” in your own backyard, I wish you a wonderful summer filled with lots of ice cream, lemonade and picnics in the park – and no ringing telephones!

Local Support Makes Programs Possible

Thank You to Our Volunteers and Volunteer Appreciation Breakfast Sponsors

Last month's Volunteer Appreciation Breakfast gave the Georgetown Council on Aging an opportunity to thank many of our volunteers, but we wish to offer our thanks to all of the volunteers who support our work within the community. We also thank Ashland Farm of North Andover and Nunan's Plants and Greenhouses of Georgetown for their sponsorship of the Volunteer Appreciation Breakfast.

By sharing their talents, experience and knowledge, volunteers provide the Georgetown Council on Aging with valuable support. We could not do the work that we do without their care and assistance. Our community is stronger and healthier because of the work that they do and we are thankful for their graciousness and commitment to the COA's mission.

COA Thanks Crosby's Marketplace for Sponsorship of Men's Breakfast

Representing a true community partnership, Crosby's Marketplace has again stepped forward to sponsor the COA's monthly Men's Breakfast program. Now in its third year of sponsorship, Crosby's Marketplace has allowed us to grow and expand our monthly program. On an average we serve 14 men per month, serving as many as 16 in recent months! In this fiscal year, we served a total of 139 men. Breakfasts have included speakers on health and wellness, veterans' services, bee keeping, identity theft, home safety, computer technology, utility management, and Medicare. Breakfast menus have included strata, pancakes, oven-baked French toast, scrambled eggs, toast, coffee cake, fresh fruit or fruit salad, juice and coffee – and bacon (turkey) or sausages! The COA thanks Crosby's Marketplace for this important partnership and encourages men to join us for plenty of good food and fun at our next breakfast on Thursday August 6, 9:30 a.m. at Trestle Way. For more information, please call the COA office at (978) 352-5726.

July Activities

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

JULY VAN SCHEDULE 2009

| Shopping Date | Location | Recreation Date | Location |
|----------------------------|-------------------------|-----------------------------|---|
| | | July 2 nd 9:30 | Super WalMart/Salem, NH |
| July 7 th | NO VAN – Brown Bag Only | July 9 th 10:30 | North Shore Mall/Peabody |
| July 14 th 9:30 | Rowley | July 16 th 11:30 | Over the Hill Band/NECC Lunch @ Seafood, Etc. |
| July 21 st 9:30 | Newburyport | July 23 rd 10:30 | Wheeler Brook Farm/Georgetown Bring your lunch |
| July 28 th 9:30 | Seabrook, NH | July 30 th 9:30 | York, Maine |

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

ESMV CASE MANAGER: **ESMV Case Manager Jennifer Cook** will hold office hours at the COA Office on **Mon. July 6th 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., July 6th 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.



NO MEN'S BREAKFAST IN JULY. The next breakfast is scheduled for Thursday, August 6th, 2009.

WOUND CARE FORUM: Join us on **Tuesday July 14th at 10 a.m.** when we welcome **Andrew Lobb**, Program Director of the Wound Care and Hyperbaric Center at AJH. Mr. Lobb will discuss the Center's treatment methods for complex wounds. **Please contact the COA if you plan to attend. (978) 352-5726. See page 3 for more details.**

NATIONAL LOLLIPOP DAY: **Monday July 20th** is National Lollipop Day. We will be handing out "lollis" to all who come to lunch that day. There will also be Lollipop Trivia & Puzzles to add to the fun. Lunch reservations need to be made before Wednesday, July 15th. Also, on Mondays we play Bingo. Plan to make a day of it!

JULY BIRTHDAY PARTY: Join us on **Tues. July 21st 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 7/14/09 to assist with planning.**

WRITING WORKSHOP: Swimming Holes. Days at the Beach. Lakeside Retreats. What were your favorite ways to pass the **lazy, hazy days of summer?** Join us for a writing workshop on **Tues., July 28th at 10 a.m.** To assist with planning, please call the COA office at (978) 352-5726.

ICE CREAM SOCIAL: Join us for fun and music on **Wednesday, July 29 at 11:30 a.m.** Lunch will be followed by an ice cream smorgasbord so you can be as creative as you like. The **cost is \$3.00** which includes lunch. **Reservations are required.** Please call the COA at 978-352-5726 before July 23rd.

~ S p l a s h i n t o S u m m e r ~

| |
|---|
| <p>Citrus Mint Cooler</p> <p>Serves: 4</p> <p>¼ c + 1 tsp Fresh Lemon Juice 2/3 c Water ¼ c + 1 tsp Fresh Orange Juice ½ c + 2 tsp Sugar 3 Sprigs Fresh Mint</p> <hr/> <p>1 c + 1 Tbsp Ginger Ale Water</p> <p>Place 1st five ingredients in a saucepan; bring to boil, stirring until sugar dissolves. Cover; remove from heat & steep until cool. Strain. Cover & refrigerate. To serve: Fill glasses with equal amounts of fruit juice, ginger ale & water. Add ice. Serve immediately.</p> |
|---|

| |
|--|
| <p>Cardinal Punch</p> <p>Serves: 1</p> <p>¼ c Cranberry Juice ¼ c. Ginger Ale 2 Tbsp. Orange Juice 1 Tbsp. Lemon Juice 1 tsp. Honey</p> <p>Blend all ingredients in a glass. Serve with ice. 2</p> |
|--|

| | | | |
|--|-----------------|-------------|---|
| 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 | Walking Club will be on summer hiatus beginning June 23 rd & resuming with the return of school. |
| 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 |

Special Van Trips for July

Charlie Locke & The Over The Hill Band

will perform at NECC on Thursday July 16th @ 2 p.m. The COA Van will start picking up at 11:30 a.m. We will stop for lunch at Seafood, Etc. in Haverhill before going on to the college. 

Wheeler Brook Farm in Georgetown

Bob & Barbara Morehouse will host a tour of their Georgetown farm on Thurs. July 23. There will also be a discussion on beekeeping. Bring your own lunch & beverage. Seasonal produce will be on sale at the roadside stand.

Everyone is welcome to join us. The van will start picking up at 10:30 a.m. or you can meet us at the farm at 11:00 a.m.



For either trip (or any other van trip), please contact the COA at (978) 352-5726.

WOUND CARE FORUM

Andrew Lobb, Program Director
The Wound Care and Hyperbaric Center at AJH

Tuesday, July 14th
10 a.m.

First Congregational Church

The Wound Healing Center at Anna Jaques Hospital specializes in the treatment of chronic wounds and non-responsive conditions.

Some of the conditions treated include:

- Diabetic foot ulcers
- Lower leg ulcers
- Bone infections
- Soft tissue infections
- Gangrene

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

Ice Cream Social

Join us on
Wednesday, July 29th at 11:30 a.m.

Cost: \$3.00 (includes lunch)

Reservations Required

Call 978-352-5726



Warning Signs of Unsafe Driving

While research shows that the crash rate for mature drivers is relatively low due to the fact that many drivers self-regulate by taking simple but important precautions in their driving, the Massachusetts Registry of Motor Vehicles offers the following Safe Driver Checklist:

- Do you have difficulty seeing clearly in the dusk and dark?
- Do headlights from other vehicles obstruct your sight?
- Are you easily intimidated by passing vehicles including trucks and motorcycles?
- Do you have difficulty reading road signs?
- Do you have difficulty following construction detours or seeing the police officer on detail near construction zones?
- Do you have difficulty seeing train-crossing signals or hearing train whistles?
- Do you have difficulty keeping up with the posted speed limit?
- Do you get drowsy behind the wheel or have difficulty concentrating?
- Do you have difficulty hearing other vehicles?
- Do you often get lost on once familiar roads?
- Do you forget the basics, such as putting on your headlights and wearing a seat belt?
- Are you unsure of your parking skills? Can you parallel park and park in a straight line?
- Are you unsure of your reflexes and reaction time? Is it difficult to react quickly in certain situations such as braking to avoid a collision?
- Have your family, friends or police officers told you that aren't a safe driver?

If you answer yes to many of these questions, you may want to consider driving less or not driving at all. Drivers who voluntarily surrender their licenses are eligible for a free Massachusetts I.D. For more information, contact the Registry of Motor Vehicles at (617) 351-4500 or 1-800-858-3926 or visit <http://www.mass.gov/rmv/seniors> Massachusetts Registry of Motor Vehicles Safe Driver information and checklists are also available at the COA office. For more information, please call the COA office at (978) 352-5726.



July 1st is

National Early Bird Day

Surprise someone and be early for a change! Or treat yourself to an

“Early Bird Special” at your favorite eatery!

Durable Power of Attorney

Allowing an “attorney-in-fact” to act in your best interest, a power of attorney grants an “attorney-in-fact” the legal authority to represent you in legal and financial issues if you are incapacitated and unable to make your own decisions. By selecting a future guardian, a Durable Power of Attorney avoids court action and endures if you become disabled. While a Durable Power of Attorney becomes effective as soon as it is signed, a “springing” power of attorney takes effect only when the conditions in the document are met. Typically, requirements include that one or more physicians certify in writing that you are incapable of making your own decisions. A Durable Power of Attorney can be revoked at any time by notifying your Power of Attorney that they no longer have the legal authority to represent your interests. Frequently, family members often serve as an attorney-in-fact, but two or more attorneys-in-fact can also represent your interests either separately or by working together. For more information or copies of the Durable Power of Attorney fact sheet prepared by Captain Jason Ebacher, Esq., Essex County Sheriff’s Department, please call the COA office at (978) 352-5726.



H1N1 I Influenza (Swine Flu) information

With the recent outbreak of H1N1 Influenza, also known as swine flu, generating concern for many people across the country, the Massachusetts Department of Public Health (DPH) explains that the swine flu is a respiratory disease of pigs that is caused by a type of influenza virus. Although outbreaks of swine flu happen regularly in pigs, people do not normally get swine flu. Similar to seasonal (human) flu, fact sheets by the DPH list common symptoms of swine flu as fever, cough, sore throat, body aches, headaches, chills and fatigue as well as vomiting and diarrhea. Swine flu can be diagnosed with a nasal swab that is collected by a health care provider. As with seasonal flu, the DPH suggests that people who become sick with swine flu should drink fluids, get plenty of rest, eat healthy foods, and wash hands with soap and warm water and stay home to avoid spreading the flu to others. Check with a health care provider about taking anti-viral medication. The DPH tells us to seek medical care immediately if a sick person has difficulty breathing or chest pain, purple or blue discoloration of the lips, is vomiting and unable to keep liquids down, has signs of dehydration or has seizures and is less responsive than normal or becomes confused. For more information about seasonal or other types of flu, please contact the Massachusetts Department of Public Health at (617) 983-6800 or visit the website at <http://www.mass.gov/dph/flu>

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
**No Board Meeting
This Month**
NEXT BOARD MEETING:
Tuesday August 25, 2009

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- Ginny Ryder
Alternates: Cynthia Tardif-Esther Palardy-Joe Young

Town of Georgetown:
Stephen Delaney, 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.

July 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> |
|--|--|--|
| | | 1 Potato Crunch Fish, Red Bliss Whip Pots, Broccoli, Rice Pudding, Oatmeal Bread |
| 6 Chicken Fajitas/Pita Bread, Kernel Corn, Tortilla Chips, Peaches | 7 Scallops a la Ritz, Whip Pots, Dinner Roll, French-style Gr. Beans, Cherry Smoothie | 8 Roast Pork/Gravy, Whip Pot, Multigrain Bread, Calif. Blend Veggies, Chilled Pears |
| 13 For Hot Dog Lovers LS Hot Dog/Roll, Baked Beans, Cole Slaw LS Potato Chips, Chocolate Pudding | 14 Baked Veg Lasagna, Green Beans, Tossed Salad, Mandarin Oranges, Garlic Bread | 15 Roast Turkey/Gravy, Loaded Whip Pot, Peas/Carrots, Apple, Multigrain Bread |
| 20 Breaded Fish Strips, Rice Florentine, Carrot Coins, Orange, Dinner Roll | 21 Bkd Chix ¼, Cranberry Sauce, Herb Whip Pot, Zucchini/Stewed Tomatoes, Lorna Doones, Oatmeal Bread | 22 <u>Cold Plate Special</u> Tuna Salad, Red Bliss Pot Salad, Three Bean Salad, Blackberry Smoothie, Wh Wh Bread |
| 27 <u>Cold Plate Special #2</u> Chicken Salad, Macaroni Salad, Pickled Beets, Graham Cracker, Pita Bread | 28 Florentine Fish, Rice Pilaf, Chilled Pears Peas/Mushrooms, Multigrain Bread | 29 Meatloaf/Gravy, Whip Pot, Green Beans, Butterscotch Pudding, Dark Rye Bread |

JULY VAN & ACTIVITIES CALENDAR

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|---|--|---|--|
| | | 1 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch | 2 NO MEN'S BREAKFAST 9:30 VAN: Walmart/Salem NH 11:00 Strength Training |
| 6 9:00 SHINE 9:30 Dolls 10:00 Jen Cook, ESMV 10:30 Yoga 11:30 Lunch 12:00 Bingo | 7 VAN: Brown Bag Only 11:30 Lunch 12:30 Strength Training | 8 9:00 Yoga 11:30 Lunch | 9 10:30 VAN: North Sore Mall/ Peabody 11:00 Strength Training |
| 13 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo | 14 9:30 VAN: Rowley 10:00 Wound Care Forum 12:30 Strength Training | 15 9:00 Yoga 11:30 Lunch | 16 11:30 VAN: Over The Hill Band @ NECC - Lunch @ Seafood, Etc./Haverhill 11:00 Strength Training |
| 20 9:30 Dolls 10:30 Yoga 11:30 Lunch National Lollipop Day 12:00 Bingo | 21 9:30 VAN: Newburyport 11:30 Birthday Lunch 12:30 Strength Training | 22 9:00 Yoga 11:30 Lunch | 23 10:30 VAN: Wheeler Brook Farm Tour Bring your lunch. (Tour starts @ 11 for those who plan to drive themselves.) 11:00 Strength Training |
| 27 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo | 28 9:30 VAN: Seabrook, NH 10:00 Writing Group 11:30 Lunch 12:30 Strength Training | 29 9:00 Yoga 11:30 Lunch 11:30 Ice Cream Social | 30 9:30 VAN: York, Maine 11:00 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.