



A FEW GRAY HAIRS



Nat'l
Jelly Bean
Day
4-22-18

A Newsletter of the Georgetown Council on Aging

Vol. 19/Iss. 10

April 2018

Email: cfiorello@georgetownma.gov

Website: www.georgetownma.gov

Director's Notes... When I first began my work as the town's Council on Aging Director, our dear Meal Site Coordinator Virginia Ryder was a tremendous help in not only coordinating our lunch program but providing information on the COA's past programs & activities. Not only did she have a wonderful sense of humor but she also had a real sense of what people needed. "Find something for people to do," she told me. "If you want to connect elders with others, find some role for them to fill." Along with coordinating our meals program, Ginny also served as a board member & often lent her talents in leading craft groups. Finding many roles to fill, Ginny was a born volunteer & exemplified the significance of April's National Volunteer Week. Following Ginny's direction, we have found that our volunteer program is truly the backbone of the work done by the Council on Aging. Filling a variety of roles, volunteers with the COA connect with elders & others in so many ways across the community. Their work enriches lives & deepens the healthy connections within the community. Each April, the national designation gives us an extraordinary work accomplished by millions of Americans through service to their communities & the high level of support that volunteers provide the Georgetown Senior Community Center. During the past year, 103 volunteers provided the COA with almost 4,000 hours of volunteer service, an estimated value of \$63,000. More than 20 volunteers lent their talents to help with seasonal parties & monthly events. Six volunteer drivers drove a total of 650 miles transporting elders to out-of-town medical appointments. Our volunteer SHINE Counselor assisted 52 people with health insurance issues while our three AARP Tax Aides prepared income tax returns for 105 people. Ever cheerful, our 10-member newsletter committee spent a total of 360 hours collating, folding & labeling 10,000 newsletters. Volunteers also served as board members, assisted with programs & activities, & provided hours of office support. The COA is profoundly grateful for the care & support offered by so many volunteers & thankful that so many are so willing to "find something to do" with us!



Thanks! to Trustees of the George H. Carleton Fund
With deep appreciation, the Georgetown Council on Aging thanks the Trustees of the George H. Carleton Fund for their generous donation to the Georgetown Senior Community Center. Continuing Mr. Carleton's work and commitment to elders in the community, the gift is very meaningful to the Council on Aging and will be used to provide additional furnishings, outdoor seating and planting areas. Last year, the COA used the gift money to purchase the furniture for the reception area, the outdoor furniture, pool table and accessories along with plants, planters and food pantry items. We are very thankful for this wonderful gift.

Thanks! to Georgetown Municipal Light Dept.
The Georgetown Council on Aging is deeply grateful to the Georgetown Municipal Light Department for their donation of a wide-screen TV, recently installed in the pool room at the Georgetown Senior Community Center. The new smart television will allow the COA to present programs such as a "Movie and a Lunch", sporting events or other special programs. Many thanks to the Georgetown Municipal Light Commissioners and General Manager David Schofield for their thoughtfulness and support.

The COA and all activities will be closed on Monday, April 16 for Patriot's Day.

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

April Activities

ALL ACTIVITIES ARE HELD AT GEORGETOWN SENIOR COMMUNITY CENTER UNLESS OTHERWISE NOTED.



CALL US AT 978-352-5726.



APRIL VAN SCHEDULE 2018

Shopping Date	Location	Recreation Date	Location
Apr. 3	NO VAN – Brown Bag Only	Apr. 5 9:30	Super Walmart/Salem, NH
Apr. 10 9:30	Riverside/Haverhill	Apr. 12 10:30	Poets' Inn/Whittier Vo-Tech
Apr. 17 9:30	Newburyport	Apr. 19 10:30	Seabrook, NH
Apr. 24 9:30	Plaistow, NH	Apr. 26 10:30	Westgate/Haverhill

JOIN US MONDAY – THURSDAY MORNINGS from 8:30-11 a.m. for cards and cribbage games! Puzzles, coloring materials & a pool table (call for availability) are also available for drop-in use. Hot coffee and snacks are a great way to meet-up with friends!

PUBLIC HEALTH NURSE: **Wed. April 4, 9:30 a.m.**
Public Health Nurse **Pam Lara** provides blood pressure checks, heart assessments, & medication information & discusses any medical concerns seniors have.

MEN'S BREAKFAST: **Thurs. April 5, 9:30 a.m.**
Members of the Georgetown Board of Selectmen will be on hand to speak on town issues and answer questions. With great appreciation, the COA thanks Crosby's Markets for their sponsorship. **To make reservations, call 978-352-5726. Next breakfast: May 3 Speaker: Dr. Dan Tollman**

SHINE OFFICE HOURS: There will be **NO SHINE** office hours in **April**. Call the COA office for assistance or further information. (978) 352-5726.

Local Legislators' Office Hours

State Rep. Lenny Mirra & Senator Bruce Tarr, or their representatives, will be on hand at the **Georgetown Senior Community Center** to meet with constituents to answer questions, hear comments or provide assistance. The next scheduled office hours for both will be:

**Tues. April 17
11 a.m. – noon**

The public is welcome. No appointment necessary. If you cannot come to the Center, both legislators can be contacted through the email addresses below.

Rep. Lenny Mirra: Leonard.Mirra@MAhouse.gov
Sen. Bruce Tarr: Bruce.Tarr@masenate.gov

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

BRAIN CHANGES-A PART OF AGING W/DR. JACKSON :

Tues. April 10, 10 a.m. (See page 3.)

GRIEF SUPPORT FOR LIVING WITH LOSS:

Tues. April 10, 1:30 p.m. – 3 p.m. (See page 3.)

ARMCHAIR TRAVEL-IRELAND:

Tues. April 24, 10 a.m. (See page 3.)

APRIL BOOK CLUB:

Tues. April 24, 2 p.m.
"We Were the Lucky Ones" by Georgia Hunter



APRIL BIRTHDAY: **Wed. April 25, 12:00 p.m.**

Join us as we send best wishes to our friends who were born in April. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 4/18/18 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

Free Legal Help offered by Atty. Elaine Dalton

Tues. April 24, 10 a.m.

Assistance available for: *Health Care Proxies,

*Durable Power of Attorney, *Elder Law Issues

*15 min. appts. available by calling COA at 978-352-5726



Special Van Trip to Poet's Inn

Thursday April 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.** For van reservations, please call the COA at 978-352-5726.

Seating is limited.

Health & Wellness Classes

All classes are held at Georgetown Senior Community Center
unless otherwise noted.

Newcomers & beginners welcome.

There is a SUGGESTED DONATION of \$3.00 per class.

Class	Meets on	Time
Yoga (Bring a mat or towel)	Mondays	10:30 a.m.
	Wednesdays	9:30 a.m.
Strength Training	Tuesdays	9:00 a.m.
Tai Chi	Thursday	12:30 p.m.
Fitness Room	Mon. – Thurs.	Call for equip. Availability



B	I	N	G	O
12	21	38	49	63
Georgetown Senior Center		40	Trestle Way Community Room	
Every Monday at 12:30 p.m.	Cost: \$1.00/card covers up to 9 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

Brain Changes: A Part of Aging

Presented by



Dr. Jonathan Jackson, PhD,
MGH Neurology Instructor & Alzheimer's Disease Researcher

Tues. April 10 @ 10 a.m.

As we get older, our minds and bodies change — and not necessarily in ways that we'd like!

Topics include:

- Information on how the brain changes in healthy aging
- Information on how the brain changes in Alzheimer's disease (AD).
- Addressing common questions related to genetic risk of AD,
- Differences between AD & dementia
- What treatments are just over the horizon.

For more information or to let us know you plan to attend, please call the COA at 978-352-5726.



This program is being sponsored by Visiting Angels/Newburyport, MA.

Armchair Travel: Ireland

Presented by
Joe & Linda Corcoran

Joe & Linda are back to share more of their world travels.

This month we set sail for the glorious Emerald Isle.



Tues. April 24 at 10 a.m.
Georgetown Senior Community



For more information or to let us know that you will attend, call the COA at 978-352-5726.

Grief Support for Living with Loss

First Meeting Tuesday, April 10

Merrimack Valley Hospice will offer a grief support group for seniors living with loss on the **second Tuesday of each month, 1:30-3 p.m.** at the Georgetown Senior Community Center. This group is facilitated by Lois Marra, a licensed counselor trained specifically in grief and bereavement. Lois helps participants create a space of solace, comfort, and encouragement. For further information, please call the COA at 978-352-5726.

Trustees of the Perley School To Offer Limited Fuel Assistance

Recognizing the difficulties of home heating costs, the Trustees of the Perley Free School offer a **limited** fuel assistance program to local residents who are experiencing financial hardships with energy costs. In addition to the money that is used to fund scholarships for Georgetown graduates & alumnae, the Trustees oversee a small endowment to aid Georgetown residents facing financial hardships. Individuals who may need assistance with heating costs, including oil, gas or firewood, can call the COA at (978) 352-5726 for information & referral.



Ongoing & Monthly Activities

**For more info on any activities call the COA
978-352-5726**



COA Marketplace: Nonperishable items are located at GSCC. No income restrictions apply. Appointments are required by calling 978-352-5726.

WINTHROP STAMP CLUB: 2nd & 4th Thurs., 1-4 p.m.
General meeting followed by stamp auction (open to public).

Knitting Group: 2nd & 4th Thurs., 9:30-11:30
Drop-ins welcome.

Grief Support for Living with Loss: 2nd Tues., 1:30-3 p.m.

Emergency Quilts for Comfort: 2nd & 4th Tues., 12- 2 p.m.
Free. Fabric/batting provided. Drop-ins/beginners welcome.

Beginner's Quilting Class: 2nd & 4th Tues., 2 – 3 p.m.
Free. Fabric/batting provided.

Mah Jong Group: Wed. at 12:30 p.m.

Book Club: 4th Tuesday of each month, 2 p.m.



Officer Henry Olshefsky, GPD, was the guest speaker at the March Men's Breakfast. Men's Breakfasts are held the first Thursday of each month. All men are welcome. Give us a call!

New Driver's License & ID Application Requirements

The Registry of Motor Vehicles has announced that new driver's license and ID application requirements are now in place at the RMV. Although drivers over the age of 75 years can begin their application online at mass.gov/rmv, they must present official required documentation in person to complete the renewal or issuance process. Original documents include Social Security number, a date of birth document such as a birth certificate or passport, residency document such as an RMV-issued renewal letter, utility bill or credit card statement issued within the past 60 days or a financial document such as a W-2 or SSA statement. For more information, visit mass.gov/ID.



New Medicare Cards

Medicare will mail new Medicare cards to New England residents after June. New Medicare cards will feature new unique numbers and will no longer use your Social Security number. Once you receive your new Medicare card, destroy your old card. If you are in a Medicare Advantage Plan, your Medicare Advantage Plan ID card is your main card for Medicare. You will still need to keep and use that card, but you may also be asked to show your new Medicare card. Health care providers will ask for your new Medicare card when you need care, but they will also be able to find your number on line if needed. Be careful to guard your new Medicare number, only providing it to health care providers, insurers and other people that you trust to assist you with Medicare. For further information, please call 1-800-633-4227 (MEDICARE).



Coming in May...

Annual Town Meeting

Monday, May 7, 2018 7 p.m. at GMHS

Annual Town Election

**Monday, May 14, 2018 8 a.m. - 8 p.m.
Penn Brook School**

Dr. O'Brien, Rheumatologist at PMA

Tues. May 8, 10 a.m.

TECH SAVVY 2 (Students from GMHS)

Thurs. May 10, 11:15 a.m. - 12:30 p.m.

Music Masters

Monday, May 14, 1 p.m.

Tea in honor of Royal Wedding

Thurs. May 17, 1 p.m.

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. Monthly Van Schedules are printed in the Newsletter. 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 **ONE WEEK** in advance by calling the COA office at (978) 352-5726. If the office is closed, please leave a message (and remember that the COA is 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, but no one is turned down due to inability to pay. Please remember: Reservations must be made through the COA office. Clients should not call the drivers directly.

RING & RIDE: Medical, Shopping & General Purpose

Transportation & Medi-Ride

Ring & Ride is a free shared van service available to Georgetown residents. It requires 24 hour notice w/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/Byfield, North Andover, West Newbury, & Rowley Train Station & Market Basket. MVRTA also provides Medi-Ride to Boston area hospitals. For brochures, contact the COA.

HANDICAP PLACARDS

The COA has applications for **HANDICAP placards** 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 COA Meal Site offers nutritious lunches Monday-Wednesday at 12:00 p.m. Please make reservations by the previous Wed. by calling the COA or in person at the Georgetown Sr. Comm. Ctr.

FOOD AND HEAT RESOURCES

For information & assistance w/state & local resources, contact the COA office at (978) 352-5726.

Board of Health Nurse

On the first Wednesday of each month, from 9:30 - 10:30 AM, Pam Lara, RN is available at the Georgetown Sr. Community Center to perform blood pressure checks, etc.

S.H.I.N.E.

Serving **H**ealth **I**nformation **N**eeds of **E**veryone will help you understand your health insurance concerns. Appointments can be scheduled with SHINE counselor Jerry Goldberg @ Georgetown Sr. Community Center on the first Tuesday 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 5/23/17

Georgetown Council on Aging
51 North 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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Haverhill, MA

Georgetown Council on Aging
51 North Street
Georgetown, MA 01833
(978) 352-5726

Open:
Monday – Thursday 8 am – 4 p.m.

Georgetown
Senior Community Center
51 North Street
Georgetown, MA 01833

Open:
Monday – Thursday 8:30 am – 4 p.m.

PUBLIC NOTICE

C.O.A. board meetings are open to the public. They are held at **12:45 p.m.** on the 4th Tuesday of each month at **Georgetown Sr. Community Center**
51 North Street, Georgetown

NEXT BOARD MEETING:
Tuesday April 24, 2018

Georgetown Council on Aging:

Director: Colleen Ranshaw-Fiorello

Office: Julie Pasquale, Newsletter

Kirsten Klueber, Outreach

Dave Hall, Van Driver

Meal Site Coordinator: Mickie Locke

Board Members:

Esther Palardy, Chair

Sue Clay, Vice Chair

Caroline Sheehan, Treasurer

Jean Perley, Secretary/Clerk

Jill Benas, Corona Magner, Diane

Prescott, Nancy Thompson,

Alternates: Darcy Norton, Diane

Klibansky

Town of Georgetown:

Michael Farrell, Town Administrator

Joe Bonavita, Board of Selectmen, Chair

Steven Sadler, Board of Selectmen, Clerk

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 Elder Services of Merrimack Valley Lunch Program is closed, there will be no lunches served at the COA Meal Site located at the Georgetown Senior Community Center.

April Menu - Lunch reservations must be made by the previous Wednesday. Call (978) 352-5726.

Lunch is served Monday through Wednesday at the Georgetown Sr. Community Center at 12 p.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 Beef Chili, Tortilla chips, Green Beans, WW Bread, Mandarin Oranges	3 Balsamic Cranberry Chix, Mashed Pot, Carrots Multigrain Bread, Pears	4 Beef-Veg Soup, Cheeseburger/bun, Roast Pot, Mixed veg, Fresh Fruit
9 Turkey Divan, Butternut Squash, Rice, Peaches, Multigrain Bread	10 Vegetable Frittata, Roast Pot, Apples, Dinner Roll, Juice (NO Milk), Yogurt	11 Cream of Sweet Pot Soup, Breaded Fish/Bun, Rice Pilaf, Peas, Fruit Loaf
16 Beef Stew/vegetables, Steamed Pot, WW Dinner Roll, Mandarin Oranges	17 Chicken Teriyaki, Rice, Asian Blend Veggies Wheat Bread, Pineapple	18 Minestrone Soup, Sausage/Peppers/Onions/Roll, Roast Pot, Broccoli, Fresh Fruit
23 LS Hot Dog/Roll, Pork Baked Beans, Potato Chips, Mandarin Oranges	24 Chicken Parmesan, Pasta, Green Salad, Multigrain Bread, Lorna Doones	25 Chicken Noodle Soup, Egg Salad/Roll, Marinated Veggie Salad, Pot Salad, Yogurt
30 Meatloaf/Gravy, Mashed Pot, Brussels Sprouts Mixed Fruit, Honey Wheat		

With recent changes in the Pre-school lunch program, come & enjoy the
COA'S EXPANDED LUNCH FACILITIES



APRIL VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	3 No Shopping Van– Brown Bag 9:00 Strength Training 12:00 Lunch	4 9:30 BOH Nurse 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	5 9:30 Mens' Breakfast 9:30 Van: Walmart/Salem, NH 12:30 Tai Chi *Tax Prep By Appointment*
9 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	10 9:30 Van: Riverside/Hav. 9:00 Strength Training 10:00 Brain Changes/Aging 12:00 Lunch 12:00 EMS Quilts for Comfort 1:30-3 Grief Support Group 2:00-3:00 Beginners' Quilting	11 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	12 10:30 Van: Poets' Inn Whittier Reg. Voc. Tech. 9:30 Knitting Group 12:30 Tai Chi 1:00 Stamp Club *Tax Prep By Appointment*
16 <div>Closed for Patriot's Day</div>	17 9:30 Van: Newburyport 9:00 Strength Training 11-12 Sen. Tarr Office Hrs. 11-12 Rep. Mirra Office Hrs.	18 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	19 10:30 Van: Seabrook, NH 12:30 Tai Chi
23 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	24 9:30 Van: Plaistow, NH 9:00 Strength Training 10:00 Legal Assistance 10:00 Armchair Travel:Ireland 12:00 Lunch 12:00 EMS Quilts for Comfort 12:45 COA Board Meeting 2:00 Book Club 2:00-3:00 Beginners' Quilting	25 9:30 Yoga 12:00 Birthday Lunch 12:30 Mah Jong	26 10:30 Van: Westgate/Hav. 9:30 Knitting Group 12:30 Tai Chi 1:00 Stamp Club
30 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	May 1 No Shopping Van– Brown Bag 9:00 Strength Training 12:00 Lunch	May 2 9:30 BOH Nurse 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	May 3 9:30 Mens' Breakfast 9:30 Van: Walmart/Salem, NH 12:30 Tai Chi

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.