



Living Well Together

A Newsletter of the Georgetown Council on Aging



Volume 21/Issue 2

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Website: www.georgetownma.gov

Director's Notes: To many of us, the arrival of August, often seems to announce the end of summer. Although the days are slightly shorter and the nights can hold a hint of fall, there is still plenty of fun to enjoy before the summer ends! We are so fortunate to live in area that is a vacation destination for so many people. When our children were younger, they loved a day spent at the state-line beach in Seabrook, NH. My friend and I would fill our mini-van with all five kids along with picnic food, beach umbrellas, chairs and assorted sand toys. At that point of the summer, the Atlantic Ocean is often a bit more swimmable. The kids would dive in and out of the waves, build extensive castles and canal systems and read comic books while stretched out under the beach umbrella. We were less than 30 minutes away from our home but the beach was filled with families not just from our area but other countries. How fortunate are we to have vacation destinations like the beach literally in our backyards? With all that is available in our area, some family members have referred to a visit to our home as a stay at an all-inclusive resort! An afternoon stroll on the boardwalk in Newburyport, a stop at a farm stand for freshly picked corn, an evening concert in a waterfront park with a visit to one of the wonderful ice cream stands are all treats that delight our friends and family. Seaside towns with shops and harbors filled with boats, restaurants with the very best lobster and fried clams never fail to impress our visitors! It is easy to entertain out of towners and ourselves with a day trip to Rockport for a stroll down Bearskin Neck or a ride along the rocky coast of New Hampshire. We've walked with family along the Boulevard in Gloucester, stopping to photograph the Fishermen's Memorial Monument and strolled through the gardens at Prescott Park in Portsmouth NH. I've often thought about the generations of families that have travelled considerable distances to spend their vacations at beaches and summer communities that are just a few miles from where we live. We are blessed. August can hold many delights and I hope that you can delight in some late summer treats in our own delightful – and local - vacation destination!



Crosby's Marketplace

Sponsors Men's Breakfast

Reflecting true community partnership, Crosby's Marketplace will sponsor the COA's monthly Men's Breakfast program again this year. Now in its 12th year of sponsorship, the support provided by Crosby's Marketplace has allowed us to increase our monthly program with additional participation. On an average we serve 21 men per month! Breakfasts include a variety of speakers and a home-cooked meal. The COA thanks Crosby's Marketplace for their sponsorship and encourages all men to join us for good food and fun each month. For more information, please call the COA office at (978) 352-5726.



Caring for someone with Alzheimer's or Dementia?

The Savvy Caregiver Free 6-week Program

Wednesdays Sept. 11 – Oct. 16, 2019 1-3 p.m.

Georgetown Senior Community Center

Whether you give care as a family member or friend, this program can help you to better care for your own health & more effectively manage the unique challenges of dementia care.

Sessions will cover:

- ★ Unique impact of dementia on both the care recipient & caregiver
- ★ Identifying personal barriers to self-care
- ★ Setting reasonable goals
- ★ Managing stress
- ★ Effective communications
- ★ Sources of support
- ★ Strengthening family resources

Please plan to attend all 6 meetings for continuity.

For more info, call the COA at 978-352-5726.

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

CALL US AT 978-352-5726.



AUGUST VAN SCHEDULE 2019



Shopping Date	Location	Recreation Date	Location
		Aug. 1 9:30	Super Walmart/Salem, NH
Aug. 6	NO SHOPPING VAN – Brown Bag	Aug. 8 10:30	Plaistow, NH
Aug. 13 9:30	Riverside/Haverhill	Aug. 15 10:30	Mann's Orchard/Target/Methuen
Aug. 20 9:30	Seabrook, NH	Aug. 22 10:30	Newburyport & Hodgies/Amesbury
Aug. 27 9:30	Riverside/Haverhill	Aug. 29 10:30	Westgate/Haverhill

JOIN US MONDAY – THURSDAY MORNINGS from 8:30 - 11 a.m. for cribbage and card 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! **Tuesday (9:30-11 a.m.) is Homemade Muffin Day!**

MEN'S BREAKFAST: **Thurs. Aug. 1, 9:30 a.m.**
State Rep. Lenny Mirra joins us. With great appreciation, the COA thanks Crosby's Markets for their sponsorship. **To make reservations, call 978-352-5726.**

Next breakfast: September 5 Speaker: TBA

KAREN TYLER, DIR. VET. SERVICES OFF. HOURS:
Thurs. Aug. 1, 10:30 a.m. – 11:30 a.m.

PUBLIC HEALTH NURSE: **Wed. Aug. 7, 9:30 a.m.**
Public Health Nurse **Pam Lara** provides blood pressure checks, heart assessments, & medication information & discusses any medical concerns seniors have.

SHINE OFFICE HOURS: **Mon. Aug. 19, 9 a.m.-12 p.m.**
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.

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. Aug. 20, 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.

BOCCE & ICE CREAM SOCIAL

Wed. Aug. 7, 12:30 p.m.

See pg. 3.

GRIEF SUPPORT GROUP

Tues. Aug. 13, 1:30 p.m.

TOE-TAPPIN' DANCE CLASS

Wed. Aug. 14, 10:30 a.m.

See pg. 3.

SUMMER MOVIES

Thurs. Aug. 15 & 29, 10 a.m.

See pg. 3.

BOOK CLUB IS ON HIATUS FOR THE SUMMER. WATCH FOR MORE INFORMATION.

COA Friends: No Friends meeting in August.

AUGUST BIRTHDAY:

Wed. Aug. 28, 12 p.m. Join us as we honor our friends who were born in August. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 8/21/19 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 August 27, 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



Yarn Donations Needed

The Knitting Group at GSCC is seeking yarn donations to make various service projects. Please bring donations at the COA office. Thank you.

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)	Monday	10:30 a.m.
SUMMER ONLY	Wednesday	11:00 a.m.
Strength Training	Tuesday	9:30 a.m.
Tai Chi	Thursday	12:30 p.m.
Fitness Room	Mon. – Thurs.	Call for equip. Availability

Walking Program

Meets Rain or Shine

Tues. & Thurs. 8:30 a.m.

Participants will meet at the GSCC & will embark on one of several pre-determined routes.

Walking Club is free of charge.



Come one! Come all! Novice to Expert...

Bocce and Ice Cream

Donations Sought for
Council on Aging Marketplace
12:30 – Bocce – Ice Cream to follow

With the need for assistance in the community increasing, the COA needs help stocking the shelves at our Marketplace.

Please sign-up by calling the COA at 978-352-5726.

Specific items with a high turn-over are:

Shelf-stable Milk
Paper Goods (toilet paper, tissues)
Toiletries
Cookies/Crackers
Dish/Laundry Detergent

Items can be brought to the Georgetown Senior Community Center on Monday, Tuesday, Wednesday, Thursday, and Friday from 10:30 a.m. to 1:00 p.m. (replaces Monday Yoga for the summer)

Classes include:

- stretching,
- cardio,
- strength training

Sept. 10 “Aging vs. Memory Loss”

Sept. 11 “Senior Citizen’s Workshop”

Sept. 12 Special Labor Day Lunch

Sept. 19 Delvena Theater “Ann & Abby”

Oct. 17 Special Autumn Lunch

Oct. 30 or 31 Halloween/Birthday Lunch

Nov. 6 “My Life, My Choice” - 6 wk. wrkshp



Happiness is when you're happy because
You've made somebody else happy.

Toe-Tapping, Knee Slapping Dance Class

Instructor: Joyce Sartorelli

Wednesday Aug. 14, 10:30 a.m.

Join us for 45 minutes of fun & instruction:

- Aug. 7 6:30 p.m. The Last D
- Aug. 14 6:30 p.m. The Songs :
- Aug. 21 6:30 p.m. 2010 South Michigan Avenue
- Review: Hand Jive, the Stroll & Charleston
- Swing, Twist, Country Western Line Dance
- New Dances

The Georgetown Summer Concert Series
No charge. ~ All skill levels welcome.

Contact the COA to sign-up as soon as possible.
Sundays ~ 5-7 p.m. ~ Refreshments available.
978-352-5726

Aug. 4 4-Ever Fab (Beatles Tribute Band)

Aug. 11 DeAngelis School of Music

Aug. 18 Cold Chocolate (Fusion of Folk, Funk, & Jazz)

--- Meg Ryan/Tom Hanks

Movie Month

on Fridays, August 2010

Hosted by Highland Street Foundation.

Join us for some light comedy

to “treat the heat”

Symphony Orch./Tanglewood

Old State House

Thursday Aug. 15, 10 a.m.

August 9 Boston Harbor Islands Nat'l/State Park

Hancock “Shake & Bake Mail”

The Greenway Carousel

August 10 JFK Presidential Library/Museum

USS Constitution

*Movie Discovery Museum due to availability.

August 23 Institute of Contemporary Art/Boston

Light refreshments will be served.

Please sign-up by calling the COA at 978-352-5726.

Freedom Trail Foundation

August 30 Old Sturbridge Village

Mass Audubon's Ipswich River Wildlife Sanct.

EcoTarium

For a complete listing of events or if you have questions, contact

HighlandStreet.org or call 617.260.8000



Mark Your Calendar

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.

BINGO: Mon. at 12:30 p.m. \$1 per card covers all games.

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.

Council on Aging Services

For information on any of the following services, contact the
Georgetown Council on Aging
COA at (978) 352-5726.

51 North Street **TRANSPORTATION/SHOPPING:**

The Van is available Tuesdays & Thursdays for door-to-door 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 counselors Jerry Goldberg & Nancy Aberman @ Georgetown Sr. Community Center. See newsletter for specific dates.

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 1/15/19

Georgetown Council on Aging:

Director: Colleen Ranshaw-Fiorello

Office: Julie Pasquale, Newsletter

Kirsten Klueber, Outreach

Dave Hall, Van Driver

Meal Site Coordinator: Mickie Locke

Assistant: Carol Westhaver

Board Members:

Esther Palardy, Chair

Sue Clay, Vice Chair

Jill Benas, Co-Secretary/Clerk

Darcy Norton, Co-Secretary/Clerk

Diane Klibansky, Jean Perley, Diane

Prescott, Jeanne Robertson

Alternates: Carol Westhaver, Martha

Lucius

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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 August 27, 2019

Town of Georgetown:

Michael Farrell, Town Administrator
Joe Bonavita, Board of Selectmen, Chair
Douglas Dawes, Board of Selectmen, Clerk
Charles Durney, Board of Selectmen
Gary Fowler, Board of Selectmen
David Twiss, 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.

August 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>
5 Rib-B-que/sauce, Butternut Squash, Corn, Applesauce, MG Bread	6 Orange Beef, Rice, Broccoli, Pineapple, Dinner Roll	7 Salmon Burger/Bun, Pot Wedges, Garden Salad/Dressing, Fresh Fruit
12 Swedish Meatballs, Mashed Pot, Peas, MG Bread, Peaches	13 Pulled Pork/Bun, Sweet Potatoes, Collard Greens, Mixed Fruit	14 Turkey Salad/Dill, Marinated veg Salad, Orzo Salad, Choc. Pudding, WW Bread
19 Ravioli/meat sauce, Creamed Spinach, Italian Bread, Pears	20 Fish Sticks, Mac n' Cheese, Mixed Veg. Fresh Fruit, WW Bread	21 Cheeseburger/Bun, Potato Chips, Chef's Veg, Crunch Bar
26 Open faced Beef Sandwich/gravy/Italian bread, Mashed Pot, Green Beans, Pears	27 Hot Dog/Bun, Baked Beans, Coleslaw, Chef's Dessert	28 Birthday Lunch Omelet, Pot O'Brien, Warm Peaches, Yogurt, Juice, Snack 'n' Loaf Cake & Ice Cream

August is National Peach Month: Enjoy Peach and Goat Cheese Bruschetta and an Easy Peach Lemonade

Bruschetta: 8 slices Italian bread, toasted ~ 3 oz. goat cheese ~ 8 slices fresh peach ~ small bunch fresh basil leaves ~ 1-2 T. good olive oil ~ salt/pepper to taste. Spread goat cheese on toast. Top each with a slice of peach, basil leaves & a light drizzle of oil. Sprinkle with salt/pepper.

Lemonade: 1 lb. frozen peaches ~ 12 oz. can frozen lemonade concentrate ~ 36 oz. (3 cans) water ~ ½ c good quality vodka (opt.)

Place all of the ingredients in a blender and mix until smooth. Serve over ice. **Can also be made into a slush. Add ice to blender & only 1 can of water would be needed.

AUGUST VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			1 9:30 Men's Breakfast 9:30 Van: Super Walmart 8:30 Walking Club 12:30 Tai Chi
5 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	6 No Shopping Van—Brown Bag 8:30 Walking Club 9:30 Strength Training 12:00 Lunch	7 9:30 BOH Nurse 11:00 Yoga 12:00 Lunch 12:30 Bocce/Ice Cream 12:30 Mah Jong	8 10:30 Van: Plaistow, NH 8:30 Walking Club 9:30 Knitting Group 12:30 Tai Chi 1:00 Stamp Club
12 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	13 9:30 Van: Riverside/Hav'Il 8:30 Walking Club 9:30 Strength Training 12:00 Lunch 12:00 EMS Quilts 1:30 Bereavement Group 2:00-3:00 Beginners' Quilting	14 10:30 Toe-Tappin' Dance Class 11:00 Yoga 12:00 Lunch 12:30 Mah Jong	15 10:30 Van: Manns Orchard & Target/Methuen 8:30 Walking Club 10:00 Movie 12:30 Tai Chi
19 Shine Appointments 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	20 9:30 Van: Seabrook, NH 8:30 Walking Club 9:30 Strength Training 11:00 Sen. Tarr/Rep. Mirra Off. Hrs 12:00 Lunch	21 11:00 Yoga 12:00 Lunch 12:30 Mah Jong	22 10:30 Van: Newburyport & Hodgies Ice Cream 8:30 Walking Club 9:30 Knitting Group 12:30 Tai Chi 1:00 Stamp Club
26 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	27 9:30 Van: Riverside/Hav'Il 8:30 Walking Club 9:30 Strength Training 10:00 Legal Assistance 12:00 Lunch 12:00 EMS Quilts 12:45 COA Board Mtg. 2:00-3:00 Beginners' Quilting	28 11:00 Yoga 12:00 Birthday Lunch 12:30 Mah Jong	29 10:30 Van: Westgate/Haverh'l 8:30 Walking Club 10:00 Movie 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.