



A FEW GRAY HAIRS



National Poinsettia Day
Dec. 12

A Newsletter of the Georgetown Council on Aging

Vol. 19/Iss. 6

December 2017

Email: cfiorello@georgetownma.gov

Website: www.georgetownma.gov

Director's Notes... Holidays are delightfully busy in our house with three generations of family bringing much joy and excitement to our home. Preparations for the season officially begin the day after Thanksgiving as favorite decorations are unearthed from the attic. Lights and greens are scattered around the house both inside and out.



Holiday music is loaded on the stereo and lists for shopping are started. That is also the time when I start planning the holiday menus that will soon fill our refrigerator and cupboards with favorite treats. Although we make a variety of cookies, no Christmas is complete without shortbread cookies. Using my mother's recipe and her cookie cutters, I usually make several batches of shortbread but it never seems to be enough! The tradition of making shortbread in my family dates back at least five generations. Beautifully written in pen and ink, I have my mother's grandmother's recipe for shortbread along with my grandmother's and mother's recipes, all just a little different. Sadly, my father lost his mother in infancy and shortbread cookies were not made in his home. My parents met in Ottawa in the late 1940s when my father was in the Royal Canadian Airforce and my mother was finishing teacher's college. My grandparents' home became my father's home as they gladly welcomed him into their family. Although the economy had improved in the post-war years, some food was still in short supply including the essential ingredient in shortbread - butter! One evening, my father had been invited to dinner and shortbread cookies were served with dessert. Dad managed to polish off most of the cookies on the plate. "If you keep eating those cookies like that, you will have to find me more butter," my grandmother told my Dad. Determined to have more shortbread cookies in his life, my Dad went on a mission and scoured the city for butter. He managed to locate two pounds of butter that he carefully kept chilled on the ledge outside of his barracks window! I'm not sure who was more happily greeted when he returned to my grandmother's house - my Dad or the butter! As we celebrate the holidays and our families, I wish you much joy and peace - and plenty of shortbread for all!



Many Thanks to Kiwanis Club

Reflecting the true meaning of Thanksgiving, the Georgetown Kiwanis provided Georgetown elders with a magnificent Thanksgiving dinner on November 18 at the Penn Brook School. Featuring a turkey dinner that included all of the traditional side dishes, the afternoon began with hearty appetizers and ended with a wide variety of pies. Members of the Kiwanis were up at dawn to cook more than 20 turkeys for the crowd. 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.



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 by now. That notice outlines changes to be made to your plan for 2018: *it is important to review, understand and save this information!*

BE AWARE! You will not be able to change your plan for next year after the deadline. If you would like help understanding your upcoming changes and options, call the Georgetown COA at 978-352-5726!

**The COA and all activities will be closed on Monday, December 25, 2017 for Christmas Day
and Monday, January 1, 2018 for New Year's Day.**

December Activities

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



CALL US AT 978-352-5726.



D E C E M B E R V A N S C H E D U L E 2 0 1 7

Shopping Date	Location	Recreation Date	Location
Dec. 5	NO VAN – Brown Bag Only	Dec. 7 9:30	Super Walmart/Salem, NH
Dec. 12 9:30	Plaistow, NH	Dec. 14 10:30	Target & Mann's Orchard/Methuen
Dec. 19 9:30	Riverside/Haverhill	Dec. 21 10:30	Seabrook, NH
Dec. 26 9:30	Rowley	Dec. 28 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. Dec. 6, 9:30 a.m.**
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. Dec. 7, 9:30 a.m.**
Join **Rev. Dr. Bill Boylan**, local historian. With great appreciation, the COA thanks Crosby's Markets for their sponsorship. **To make reservations, call 978-352-5726.**
Next breakfast: Jan. 4 Speaker: John Cashell/Town Planner

SHINE OFFICE HOURS: There will be **NO SHINE** office hours in **December, January, February, March or 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. December 19
11 a.m. – noon

(Rep. Mirra will not be available this month.)

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

HOLIDAY LIGHT SAFETY PROGRAM:

Tues. Dec. 5, 10 a.m. (See page 3.)

GMHS BREAKFAST/ CONCERT:

Fri. Dec. 8, 8:15/9 a.m. (See page 3.)

COA ANNUAL HOLIDAY PARTY:

Tues. Dec. 12, 12 p.m. (See page 3.)

POP-UP LIBRARY:

Tues. Dec. 19, 1 p.m. (See page 3.)

HOLIDAY OPEN HOUSE/COMMUNITY MURAL RECEPTION:

Thurs. Dec. 21, 1 p.m. (See page 3.)

CAPTION PHONE PRESENTATION:

Wed. Dec. 27, 11:30 a.m. (See page 6.)

**** Be sure to make reservations and stay for the December birthday lunch and New Year's toast at noon. ****



DECEMBER BIRTHDAY & NEW YEAR'S TOAST:

Wed. Dec. 27, 12:00 p.m.

Join us as we ring in the New Year with 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 12/20/17 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

Free Legal Help: No appointments in December

Yarn Donations Needed

The Knitting Group at GSCC is looking for yarn donations to make winter apparel as service projects. Please drop donations at the COA office. Thank you.

Attention Knitters:

There will be no knitting group on Thurs. Dec. 28.

Attention Quilters:

Both Quilting Groups are cancelled for all of Dec.

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

COA Annual Holiday Party

Tues. December 12, 12:00 p.m.
Georgetown Senior Community Center

Share the holiday spirit with friends!
Join us for a light meal & good company.
Food provided by the Friends of GCOA.



RSVP to COA (978-352-5726) before Dec. 6.

Holiday Light Safety Program

Sponsored by Georgetown Light Dept.

Tues. Dec. 5, 10 a.m.

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 & information on staying safe.
Refreshments will be served.



Please call the COA, if you plan to attend.
(978) 352-5726



Pop-up Library Program

Tuesday, December 19, 1 pm

Presented by

Sarah Cognata, Director Peabody Library

Pop-up services include:

- Registering for library cards;
- checking out a limited selection of books;
- library service & program brochures available.



If you plan to attend, please call the COA office at
978-352-5726.

GMHS Annual Holiday Concert/Breakfast



Fri. December 8
Georgetown Middle/High School
Breakfast @ 8:15 a.m., Concert @ 9:00 a.m.



*Listen to the sounds of the season presented by the
Concert Band, Chorale & Chorus.*

*Come early and enjoy breakfast provided by the school
food service. The breakfast & concert are free of charge.*

RSVP to COA by Dec. 4 to the COA at (978) 352-5726.



Holiday Open House & Community Mural Presentation

Thurs. December 21, 1 p.m.



- ☆ Refreshments will be served.
- ☆ Presentation of the community mural project by the Georgetown Cultural Council. Thank you to Mary Paganelli, artist & project facilitator.

To sign-up, please call the COA office
At 978-352-5726.

Becky Bushey of ClearCaptions presents

Caption Phones

Wed. December 27, 11:30 a.m.

- Never any cost for those with hearing loss
- Phone conversations are captioned on the screen (like tv)
- Service made possible by the Americans with Disabilities Act

Plan a day of it: Stay for the Birthday Lunch/New Year's Toast.
(Reservations required.)



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, 2018-October 31, 2018. The program currently permits elders to reduce their property taxes by \$500 per calendar year in exchange for 45 hours of volunteer service to the town. **Applications must be returned to the COA office by Thursday December 28, 2017.** For further information, please call the COA office at 978-352-5726.



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 **\$34,380** for one-person or **\$44,958** for a two-person household. This year applications are available, and can be completed, at the Georgetown Senior Community Center. For more information, call the COA at (978) 352-5726.

Ongoing & Monthly Activities

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



COA Marketplace: 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.

Emergency Quilts for Comfort: 2nd & 4th Tues., 12- 2 p.m.

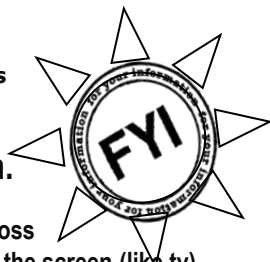
Free. Fabric/batting provided. Drop-ins/beginners welcome.

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.



Home Improvement Applications Due

Rebuilding Together is now accepting applications for no-cost home repair assistance on the Annual Rebuilding Day on Saturday, April 28, 2018. The application **deadline is Sunday, Dec. 31, 2017.**

Applicant eligibility:

- Own and occupy your home for at least 2 years
- Live in the Greater Haverhill area (Haverhill, Groveland, Georgetown, Boxford, Merrimac, West Newbury, and Plaistow, NH)
- Meet Federal HUD low-income guidelines (Call for info)
- Are elderly, disabled, veteran or a family with young children
- Priority is given to homes that need safety and accessibility modifications. Other restrictions may apply.

For an application, please call: 978-469-0800 or email RTHaverhill@outlook.com



Attention Seasonal Travelers!

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.



Recycling Program to Benefit Friends of the Georgetown COA

As a continuing fundraiser to benefit elder programs with the Georgetown Council on Aging, the Friends of the Council on Aging have partnered with *Ecosmith Recyclers* of New Hampshire to raise money through the collection of used clothes and other goods. Accepting used clothes, shoes and other textiles, a recycling bin is located in the Perley School parking lot, 51 North Street in Georgetown. For every pound of items collected and sold, the Friends will receive a percentage of the sales. The Friends' mission is to support the Georgetown COA as they seek to enhance the quality of life for local elders. As a non-profit tax-exempt organization, donations to the Friends group are tax deductible.



Funded by Georgetown Cultural Council, Folk Duo, Simons & Goodwin, serenaded seniors at GSCC with a variety of original & popular folk songs on Nov. 7.

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.

Visiting 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. The nurse is also available for Trestle Way residents in the Community Building on the first Wednesday of each month @ 12:30 p.m. for blood pressure, weight & diabetic checks.

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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U. S. Postage

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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 **12:30 p.m.** on the 4th Tuesday of each month at **Georgetown Sr. Community Center**
51 North Street, Georgetown

NEXT BOARD MEETING:
Thursday Dec. 21, 2017 @ 11 a.m.
(Note changes in date/time.)

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, Ann

Stewart **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.

December 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>
4 Meatloaf/Gravy, Mashed Pot, Carrots/Parsnips, WW Bread, Chef's dessert	5 Chicken Parmesan/Pasta /Sauce, Dinner Roll, Zucchini/Summer Squash, Mixed Fruit	6 Minestrone Soup, Sausage/Peppers/Onions/Sub Roll, Steamed Pot, Green Beans, Fresh Fruit
11 LS Hot Dog/Roll, Pork Baked Beans, Pot. Chips, Mandarin Oranges	12 Pork Stir fry/Sweet & Sour Sauce, Rice, Asian Blend Veg, Peaches, Oat Bread	13 Lentil Soup, Herb Roasted Chix/Cranberry Sauce, Sweet Pot, Brussel's Sprouts, WW Roll, Fresh Fruit
18 Meatball Sub, Chef's Veggies, Pasta/Sauce, Pineapple	19 Chicken Paprika, Rice Pilaf, Mixed Veg, Oatmeal Bread, Chef's Dessert	20 Chicken Noodle Soup, Hamburger/Cheese/Roll Roasted Pot, Beets, Yogurt
25 CLOSED: Christmas Day	26 Lasagna/Meat Sauce, Cauliflower, Dinner Roll, Pudding	27 Seafood Chowder, Breaded Fish, Green Beans, Mashed Pot, Crunch Bar, Birthday Cake/Ice Cream, New Years Toast

Strength Training Update

As of Tuesday November 14, 2017

Strength Training Classes are now held on **Tuesdays at 9:00 a.m.** at the Georgetown Senior Community Center.**Peppermint Bark (candy): A great treat for parties or gift giving!****Ingredients:** 6 oz. white baking chocolate, chopped ~ 1 c. crushed peppermint, divided ~ 1 cup semisweet chocolate chips

Directions: In a microwave, melt white chocolate at 70% power; stir until smooth. Stir in 1/3 cup crushed candies. Repeat with chocolate chips and an additional 1/3 cup candies. Alternately drop spoonfuls of chocolate and white chocolate mixtures onto a waxed paper-lined baking sheet. Using a metal spatula, cut through candy to swirl and spread to 1/4-in. thickness. Sprinkle with remaining crushed candies. Refrigerate until firm. Break into pieces. Store between layers of waxed paper in an airtight container.

Yield: about 1 pound. **Editor's Note:** This recipe was tested in a 1,100-watt microwave.**DECEMBER VAN & ACTIVITIES CALENDAR**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	5 No Shopping Van—Brown Bag 9:00 Strength Training 10:00 Holiday Light Safety 12:00 Lunch	6 9:30 BOH Nurse 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	7 9:30 Mens' Breakfast 9:30 Van: Walmart/Salem, NH 12:30 Tai Chi Friday, 12/8 8:15/9 a.m. GMHS Concert/Breakfast
11 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	12 9:30 Van: Plaistow, NH 9:00 Strength Training 12:00 COA Holiday Party NO Quilting Groups in Dec.	13 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	14 10:30 Van: Target & Mann's Orchard/Methuen 9:30 Knitting Group 12:30 Tai Chi 1:00 Stamp Club
18 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	19 9:30 Van: Riverside/Haverhill 9:00 Strength Training 11-12 Sen. Tarr Office Hrs. No Rep. Mirra today. 12:00 Lunch 1:00 Pop-up Library Program	20 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	21 10:30 Van: Seabrook, NH 11:00 COA Board Meeting (Date/Time Change Nov. only) 12:30 Tai Chi 1:00 Holiday Open House & Community Mural Reception
25 CLOSED: Christmas	26 9:30 Van: Rowley 9:00 Strength Training No Legal Assistance today. 12:00 Lunch 2:00 Book Club NO Quilting Groups in Dec.	27 9:30 Yoga 11:30 Caption Phone Program 12:00 Birthday Lunch & New Year Toast 12:30 Mah Jong	28 10:30 Van: Westgate/Hav'll No Knitting Group this week 12:30 Tai Chi 1:00 Stamp Club

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.