



Living Well Together



A Newsletter of the Georgetown Council on Aging

Volume 21/Issue 1

July 2019

Email: cfiorello@georgetownma.gov

Website: www.georgetownma.gov

Director's Notes: One of the joys of summer has to be the beauty of the night sky! Often accompanied by the scent of late summer roses, the warmth of summer evenings is a perfect time to sit in the backyard and watch the stars come out in a dusky sky. Constellations change with the season and suddenly we can trace the line of Orion's Belt and see Cassiopeia on her throne. The Full Buck Moon rises and lights a summer evening that might include the music from an outdoor band concert or an after-dinner ride to a near-by ice cream stand! Planets such as Jupiter, Mercury and the beautiful Venus are suddenly visible in their glory. At our house, we watch for the Big Dipper which points our way back to Ontario, where we know the Milky Way streaks across the evening sky. In that part of Ontario, if you are lucky, the night sky might dance with the magical colors of the Northern Lights. One year, I read an Inuit legend that the Northern Lights were created by the spirits of people who had passed. Sharing that legend with my cousins, we decided that we would take a sheet up onto a hill and wave that sheet to see if we could catch one of those spirits. With quite a bit of laughter and squealing, the five of us raced up the hill waving our sheet like mad. Suddenly, the hill was surrounded by the Northern Lights. Deep purples, greens and blue lights danced across the night sky and we could hear an odd crackling sound in the night air. We were terrified as we imagined who we had summoned! You can just imagine how quickly the five of us scrambled back down that hill and ran for home! We weren't going to give any ghostly spirit a chance to fill our sheet or nip at our heels! So, this summer, enjoy that evening sky from your back porch or a park bench. Watch the stars come out from wherever you are and don't forget the sky is even more pretty over the roof of the ice cream stand!



Newsletter Name Change

As of this issue, the "A Few Gray Hairs" newsletter will now be known as "Living Well Together." Charming and fun, the newsletter's former title of "A Few Gray Hairs" served the Georgetown COA very well for many years. The new title reflects the Georgetown Council on Aging's mission of collaboration and community. With the move to the Georgetown Senior Community Center, the Georgetown COA has been able to expand and add programs and services – all as a result of living well together in our new home and community. We look forward to many more years of serving Georgetown, older adults and their families while we all enjoy "Living Well Together!"

NEET Drivers Needed



The Georgetown Council on Aging (COA) is seeking additional volunteer drivers to provide medical transportation to local elders through Northern Essex Elder Transport, Inc. (N.E.E.T.). N.E.E.T. is a non-profit organization providing non-emergency essential transportation for elders with the support of volunteer drivers. Volunteer drivers receive mileage reimbursement and supplemental automobile liability insurance. For more information on the N.E.E.T. program or becoming a volunteer driver, please call the COA office at (978) 352-5726.

July Ac

The COA and all activities will be closed on Thursday, July 4 for Independence Day.

"Living Well Together" Newsletter is made possible by a grant from the Massachusetts Executive Office of Elder Affairs.

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

CALL US AT 978-352-5726.



J U L Y V A N S C H E D U L E 2 0 1 9



Shopping Date	Location	Recreation Date	Location
July 2	NO SHOPPING VAN – Brown Bag	July 4	NO VAN: July 4 holiday
July 9 9:30	Riverside/Haverhill	July 11 9:30	Super Walmart/Salem, NH
July 16 9:30	Plaistow, NH	July 19 10:30	Newburyport/Hodgies 2 Ice Cream
July 23 9:30	Seabrook, NH	July 25 10:30	Westgate/Haverhill
July 30 9:30	Riverside/Haverhill	Aug. 1 9:30	Super Walmart/Salem, NH

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!**

PUBLIC HEALTH NURSE: Wed. July 3, 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:
There will be **NO Men's Breakfast** in July.
Next breakfast: **August 2 Speaker: TBA**

KAREN TYLER, DIR. VET. SERVICES OFF. HOURS:
No office hours in July due to Holiday

SHINE OFFICE HOURS: Mon. July 15, 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. July 16, 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.

GRIEF SUPPORT GROUP

Tues. July 9, 1:30 p.m.

TOE-TAPPIN' DANCE CLASS

Wed. July 10, 10:30 a.m.

See pg. 3.

BOCCE & ICE CREAM SOCIAL

Wed. July 17, 12:30 p.m.

See pg. 3.

ANNUAL SUMMER BBQ

Thurs. July 25, 12 p.m.

See pg. 3.

THE ANTI-INFLAMMATORY DIET

Tues. July 31, 10:30 a.m.

See pg. 3.

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

COA Friends will meet Tues. July 9 at 1 p.m.

Note: There will be no Friends meeting in August.

JULY BIRTHDAY:

Wed. July 31, 12 p.m. Join us as we honor our friends who were born in July. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 7/24/19 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. July 23, 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 and will embark on one of several pre-determined routes.

Walking Club is free of charge.



This program has been provided by a grant awarded to the MCOA by Blue Cross Blue Shield of Massachusetts.

Toe-Tapping, Knee Slapping Dance Class

Instructor: Joyce Sartorelli

Wednesday July 10, 10:30 a.m.

Join us for 45 minutes of fun & instruction. First, take in a free outdoor concert venues are offering music through August.



- Gentle Warm-up Exercise
- Learn the Polka Line Dance
- Review: Hand Jive, the Stroll & Charleston
- Swing, Twist, Country Western Line Dance
- New Dances

Wednesday evenings ~ Rain or Shine

No charge. ~ All skill levels welcome.

July 10 Contact the COA to sign up as soon as possible.

July 17 6:45 p.m. 978-352-5726

July 24 6:45 p.m. Simons and Goodwin

July 31 6:30 p.m. Soul Funk Junction

Aug. 7 6:30 p.m. The Last Do

Aug. 14 6:30 p.m. The Songs and Their Stories

Aug. 21 6:30 p.m. South Michigan Avenue



Come one! Come all!
Voice to Expert...

Bocce & Ice Cream

American Legion Park

Sundays ~ 1 p.m. ~ Refreshments available.

Wed. July 17

12:30 p.m. = Bocce ~ Ice Cream to follow

July 7 Brian Maes Band

July 14 Woodland Protocol (Variety of 60s to present)

July 21 UCS (Rock & Pop)

July 28 Rust Never Sleeps (Music of Neil Young)

Aug. 4 1st Pub (Acoustic Tribute Band)

Aug. 11 DeAngelis School of Music

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

Annual Summer BBQ & Concert

Thursday July 25, 12 p.m.

Georgetown Senior Community Center

Secondly, check out these area attractions. Run, Johnny! Run! Will keep things lively with R & B tunes.

Co-sponsored by COA Friends & Georgetown Cultural Council

✓ 12 p.m. Enjoy a classic summer BBQ:

- Hot Dogs & Hamburgers
- Corn on the Cob
- Potato Salad
- Watermelon

July 5 Amelia Park Children's Museum

✓ COST: \$2.00 RSVP REQUIRED by July 18

Call 978-352-5726

Children's Museum of Eastern

Museum of Printing

This program is supported in part by a grant from the Georgetown Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

July 12 Museum of Fine Arts, Boston

Gloucester Stage Company

New England Quilt Museum

THE ANTI-INFLAMMATORY DIET

NUTRITION DISCUSSION

Smith College Museum of Art

Presented by Leigh Hartwell

July 19 Service of Merrimack Valley

The Arnold Arboretum/Harvard Un.

Peabody Essex Museum

Tues. July 31, 10:30 a.m.

Topics will include:

★ What Inflammation is

★ Signs/Symptoms/Causes

★ Reducing Inflammation through Diet & Lifestyle

★ Q & A

The Gardens @ Elm Park (Mass Hort)

Wentfort Hall Mansion &

Gilded Age Museum

To sign-up, please contact the COA at

978-352-5726

Check your August newsletter for more Fun

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

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Return Service Requeste d

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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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

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.

July 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>
1 Hamburger/Bun, Roasted Pot, Ratatouille, Pears	2 BBQ Chicken, Corn on the Cob, Dinner Roll, Garden Salad/Dressing, Berry Crisp (warm)	3 Stuffed Shells/Marinara Sauce, Cauliflower, Yogurt, WW Bread
8 Egg Omelet, Roasted Pot, Warm Peaches, Snack n' loaf, Yogurt, Juice	9 Salisbury Steak/Gravy, Mashed Pot, Mixed Veg, Oat Bread, Dessert	10 Potato Crusted Fish/Bun, Mac n' Cheese, Brussels Sprouts, Melon
15 Hot Dog/Bun, Potato Chips, Baked Beans, Strawberry Cup	16 Hot Turkey Sandwich/Gravy, Cranberry Sauce, Mashed Pot, Carrots, Chef's Dessert	17 Cold Plate: Egg Salad, Marinated Beets, Orzo Salad, WW Bread, Mandarin Oranges
22 Beef steak/peppers & onions, Rice, Asian blend veg, Pineapple, MG bread	23 Chicken Pot Pie/ Puff Pastry, Cranberry sauce, Mashed Pot, Green Beans, Dinner Roll, Pears	24 BBQ Pulled Pork/Bun, Coleslaw, Butternut Squash, Fresh Fruit
29 Breaded Chicken/Bun/Honey Mustard, Sweet Pot, Mixed Veg, Chocolate pudding	30 Meatloaf/Gravy, Au Gratin Pot, Chef's Veg, Fresh Fruit, Oat Bread	31 Birthday Lunch Cold Plate: Seafood Salad, Pasta Salad, Cucumber & tomato salad, WW Bread Strawberry Cup, Birthday Cake & Ice Cream

"One must maintain a little bit of summer, even in the middle of winter." – Henry David Thoreau

JULY VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	2 No Shopping Van– Brown Bag 8:30 Walking Club 9:30 Strength Training 12:00 Lunch	3 9:30 BOH Nurse 11:00 Yoga 12:00 Lunch 12:30 Mah Jong	4 CLOSED: Independence Day
8 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	9 9:30 Van: Riverside/Hav'Il 8:30 Walking Club 9:30 Strength Training 12:00 Lunch 12:00 EMS Quilts 1:00 Friends of COA Meeting 1:30 Bereavement Group 2:00-3:00 Beginners' Quilting	10 10:30 Toe-Tappin' Dance Class 11:00 Yoga 12:00 Lunch 12:30 Mah Jong	11 9:30 Van: Super Walmart 8:30 Walking Club 9:30 Knitting Group 12:30 Tai Chi 1:00 Stamp Club
15 Shine Appointments 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	16 9:30 Van: Plaistow, NH 8:30 Walking Club 9:30 Strength Training 11:00 Sen. Tarr/Rep. Mirra Off. Hrs 12:00 Lunch NO Book Club this month (hiatus)	17 11:00 Yoga 12:00 Lunch 12:30 Mah Jong 12:30 Bocce & Ice Cream	18 10:30 Van: Newburyport & Hodgies Ice Cream 8:30 Walking Club 12:30 Tai Chi
22 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	23 9:30 Van: Seabrook, NH 8:30 Walking Club 9:30 Strength Training 10:00 Legal Assistance 12:00 Lunch 12:00 EMS Quilts 2:00-3:00 Beginners' Quilting No COA Board Mtg. this month	24 11:00 Yoga 12:00 Lunch 12:30 Mah Jong	25 10:30 Van: Westgate/Haverh'Il 8:30 Walking Club 9:30 Knitting Group 10:00 Run Johnny Run Concert 12:00 Annual BBQ 12:30 Tai Chi 1:00 Stamp Club
29 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	30 9:30 Van: Riverside/Hav'Il 8:30 Walking Club 9:30 Strength Training 12:00 Lunch	31 10:30 Anti-Inflammatory Diet 11:00 Yoga 12:00 Birthday Lunch 12:30 Mah Jong	Aug. 1 9:30 Men's Breakfast 9:30 Van: Super Walmart 8:30 Walking Club 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.