



A FEW GRAY HAIRS



A Newsletter of the Georgetown Council on Aging

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June 2017

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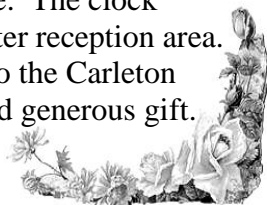
Website: www.georgetownma.gov

Director's Notes... I come from a long line of gardeners. On one side of the family, farming stretches back several generations and continues into the current generation. Whether or not they lived on farms or in more urban settings, the enjoyment of digging in the soil to produce something that would not only be food for the table but food for the soul is a trait that most of my family has shared. Flower gardens bordered both suburban and rural homes and space for any design for backyard landscaping. I can remember my grandmother saying that after a day at work, time in the garden was how she relaxed before the next day. Plants were divided and shared between family members and seeds carefully saved for next year. When my great-grandmother died, my grandmother brought home a small clump of Johnny Jump-Ups from my great-grandparents' home for my grandparents' garden. My great-grandmother lived in a small town but she had a lovely garden that ran along the side of her house. I can still remember seeing colorful day lilies, hollyhocks and iris in bloom from her kitchen window. When we moved to the States, my grandmother sent us with a small clump of the Johnny Jump-Ups to plant in the garden at our new home. The message with the plant was "Grow Where You are Planted". My parents moved that clump of Johnny Jump-Ups to three other homes. They remain in the garden of the last home that they shared, still growing where they were planted. With the move to our new Senior Center, one of our first projects has been the start of a garden. We are growing where we are now so successfully planted! As we enjoy this special spring, we honor all of the family members who have encouraged us to grow no matter where we find ourselves planted!



COA Thanks Carleton Fund Trustees

Following our move to the new Georgetown Senior Community Center, the COA received a very generous gift from the George H. Carleton Fund, a fund that was established after the sale of the former Carleton Home on Andover St. To assist in furnishing the new Senior Center, the Trustees of the Carleton Fund provided a gift that allowed the COA to purchase furniture for the reception area along with outdoor seating and a 7-foot pool table for one of the activity rooms. They also donated a grandfather clock built by long-time Georgetown resident Elmer Jones that had been given to the Carleton Home. The clock now graces the Senior Center reception area. The COA is very grateful to the Carleton Fund for their very kind and generous gift.



Craigslist Used Vehicle Scam

The state Executive Office of Elder Affairs (EOEA) recently reported that a new used vehicle scam is in circulation. The scam involves some licensed car dealers who partner with an unlicensed individual to pose as the car's owner on craigslist. If or when the purchaser has a problem with the used car, the unsuspecting buyer contacts the private seller. The seller claims it was never their car and that the car belonged to a dealership. When the buyer contacts the dealership, the dealership says it's not their problem because the car was sold offsite (parking lot of fast food restaurants, someone's house, etc.) Sometimes the "owner" hasn't provided legitimate contact information and removes the ad, and the buyer is stuck with no way to contact the original owner. The EOEA reminds us that readable links are available regarding selling used cars.

For information on purchasing a used vehicle, please visit <http://blog.mass.gov/consumer/massconsumer/buying-a-car-on-craigslist-know-who-you-are-buying-from/>. Additional public sites include: www.mass.gov/ocabr, www.facebook.com/MassConsumer

June Activities

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



CALL US AT 978-352-5726.



JUNE VAN SCHEDULE 2017

Shopping Date	Location	Recreation Date	Location
June 6	NO VAN – Brown Bag Only	June 1 9:30	Super Walmart/Salem, NH
June 13 9:30	Newburyport	June 8 10:30	Plaistow, NH
June 20 9:30	Riverside/Haverhill	June 15 10:30	North Shore Mall/Peabody
June 27 9:30	Seabrook, NH	June 22 10:30	Target/Mann's Orchard/Methuen
		June 29 10:30	West Gate/Haverhill

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

BOARD OF HEALTH NURSE: Wed. June 7, 9:30-10:30 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. June 1, 9:30 a.m. **Celebrate Fathers' Day with a special gift.** Our guest speaker will be Stewart Lytle, Reporter, The Town Common. With great appreciation, the COA thanks Crosby's Markets for their sponsorship. **To make reservations, call 978-352-5726. There will be no Men's Breakfast in July. Next meeting: August 3.**

SHINE OFFICE HOURS: Tues. June 6, 9-11 a.m. **NOTE:** As of June, SHINE appointments will be held on the first Tuesday of each month. 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. June 13
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.

NEW KNITTING CLUB: Thurs. June 8 & 22, 10 a.m.

NEW MAH JONG CLUB: Thurs. June 8, 10 a.m.


NEW BOOK CLUB: Tues. June 20, 2 p.m.

NEW BEGINNER'S QUILTING CLASS:
Tues. June 13 & 27, 2-3 p.m. See page 6 for details.

 **JUNE BIRTHDAY CELEBRATION:** Tues. June 27, 12 p.m. Help us send best wishes to our friends who were born in June. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 6/21/17 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. June 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

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	12:30 p.m.
Tai Chi	Thursday	12:30 p.m.
Fitness Room	Mon. – Thurs.	Call for equip. Availability

*Promoting
Healthy
Living*

Walking Club
Tuesdays & Thursdays
2-3 p.m.
Participants must
pre-register with the COA.
978-352-5726

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	1st & 3rd 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

“Matter of Balance”

A Fall Prevention Program

Presented by

Susan Poludniak

Healthy Living Program Manager
Healthy Living Center of Excellence



Thursdays, June 22 thru August 10
10 a.m. to 12 noon

Matter of Balance acknowledges the risk of falling & emphasizes practical coping strategies to reduce fear of falling.

Strategies include

- promoting a view of falls & fear of falling as controllable
- setting realistic goals for increasing activity
- changing the environment to reduce fall risk factors & promoting exercise to increase strength and balance.

To assist with planning, please call the COA at (978) 352-5726.

New Book Club to meet June 20

Led by Library Director Sarah Cognata, the new book club will meet **Tuesday, June 20, 2 p.m.** for a follow-up meeting at the Georgetown Senior Community Center. Books will be available as regular print, large print and audio books. For more information, please call the COA at 978-352-5726.

New Mahjong group to meet June 8

Join us for a new Mahjong group on Thursday June 8, 10 a.m. Led by volunteer Joan Brown, the group needs at least three other participants and will play for approximately 3 hours. A light lunch will be planned. For information or to register, please call the COA at 978-352-5726.

Senior Center Receives New Pool Table

Thanks to a donation from the Trustees of Carlton Home, Georgetown Senior Community Center has purchased a pool table. Seniors are invited to enjoy this new addition during regular Center hours, but please call ahead to make sure the room is available. 978-352-5726

Dementia Through the Stages

Presented by

Care Dimensions

(Formerly Hospice of the North Shore & Greater Boston)

Wednesday, June 28 at 10:30 a.m.
Georgetown Senior Community Center

This presentation will cover:

- General behaviors,
- Emotions &
- Challenges

that may be expected in the stages of dementia.

For information, questions, or to sign-up, contact the COA at 978-352-5726

Ongoing & Monthly Activities

Quilts for Local Veterans: Monday **June 12**, 10 a.m. - 3 p.m. Facilitated by Betty Hastings, Bev Knapp, and Terry Palardy. Newcomers & drop in visitors welcome.

WINTHROP STAMP CLUB: Thurs. **June 8**, 1-4 p.m. General meeting followed by stamp auction (open to public). For membership or other information, contact Roger Pelletier 978-352-2225

Knitting Group: **Thursday, June 8 & 22**, 9:30-11:30
The group hopes to focus on sharing skills, patterns, working on individual projects and possibly a community project. Drop-ins welcome. For more information, call the COA 978-352-5726.



COA Food Pantry: Located at GSCC.
No income restrictions apply. Appointments are required by calling 978-352-5726.



Georgetown Summer Concert Series:

The Georgetown Summer Concert series is back! Kick-off is planned for July 2 from 5-7 p.m. at American Legion Park. Schedule information will be posted when it is made available.

Looking Ahead...

Sept. 19 Healthy Living for Brain & Body
10:30 a.m. Alzheimer's Association Presentation

July 2017 Partners in Rehab
TBA Health Education Program

Oct. 10 Delvena Theater/Tea
1:00 p.m. "Shirley Valentine"

Beginner's Quilting Class

2nd & 4th Tuesdays each month

Starting June 13 & 27

2 - 3 p.m.

Instructor: Terry Palardy, proprietor
Quilter's Quarters/Georgetown

Anyone interested in learning the basics of quilting should plan to attend. Terry is an avid quilter of many years. She has a joy of the craft and would like to share it with our seniors.

Fabric and batting will be provided. There is no charge for classes.

To assist with planning, please contact the COA at (978) 352-5726.

What is a MOON?

For people with Medicare, MOON has a new meaning: "Medicare Outpatient Observation Notice". This newly required notice must be given to some patients who have been admitted to a hospital for "observation". Hospitals are increasingly admitting patients under observation status. Consumers may be surprised to know that even if they are admitted to a hospital room overnight, they might not be considered an "inpatient". If a patient is under observation, the patient is considered to be an outpatient even though they may stay in a hospital bed for many days. This changes how their Medicare coverage works. The MOON will explain the reason for observation status & how it affects the patient's Medicare coverage. For example, if an individual has Original Medicare, with or without a Medigap plan, an **inpatient hospital stay of at least three days** is needed to receive coverage for skilled nursing facility (SNF) care. If the patient is considered under observation rather than inpatient, they will not be covered for any follow up SNF coverage, even if it is medically necessary. However, if the patient has coverage through a Medicare Advantage plan or if their doctor is in an Accountable Care Organization, the rules are different & the three-day requirement may be waived. For further assistance about this or any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare & related health & drug insurance programs. To schedule a SHINE appointment, please call the Georgetown Council on Aging at 978-352-5726. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say **3**. Once you get the SHINE answering machine, leave your name & number. A volunteer will call you back, as soon as possible.

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 now in place at 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. Next meeting: **Tuesday June 13, 2 p.m. at the Georgetown Senior Community Center**. New members are welcome and invited to join the group.



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, 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 Monday 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 12/6/16

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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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:
Tuesday June 13, 2017
(Note date change for June only)

Georgetown Council on Aging:

Director: Colleen Ranshaw-Fiorello

Office: Julie Pasquale, Newsletter

Kirsten Klueber, Outreach

Dave Hall, Van Driver

Jeannine DesJardins, Volunteer

Meal Site Coordinator: Mickie Locke

Board Members:

Jeannine DesJardins, Chair

Caroline Sheehan, Treasurer

Jean Perley, Secretary/Clerk

Sue Clay, Corona Magner,

Esther Palardy, Diane Prescott,

Nancy Thompson, Ann Stewart

Alternates: Janice Downey, Jill Benas

Town of Georgetown:

Michael Farrell, Town Administrator

David Surface, Board of Selectmen, Chair

Douglas Dawes, Board of Selectmen

Gary Fowler, Board of Selectmen

Steven Sadler, Board of Selectmen

Joe Bonavita, 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 COA Meal Site located at the Georgetown Senior Community Center.

June 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 Salisbury Steak/Gravy, Mashed Pot, Brussels Sprouts, Dinner Roll, Cookie/Lorna Doone	6 Chix Teriyaki, Asian Blend Veg, Rice, Oat Bread, Pineapple	7 Stuffed Shells/Meat Sauce, Cauliflower, Mixed Fruit
12 Hot Dog/Roll, Pork Baked Beans, Pot Chips, Mandarin Oranges	13 Lasagna/Meat Sauce, Spinach, Natural Grain Bread, WW Roll, Fresh Fruit	14 Chix Salad, Pasta Salad w/Veg, Green Salad, Burger Bun, Raisins
19 Meatloaf, Sweet Pot, Mixed Veg, WW Bread, Snack Loaf/Lorna Doones	20 Med Chix, Pasta, Chef's Choice Veg, Pears, Italian Bread	21 Beef/Broccoli, Rice, Carrots, Multigrain Bread, Pineapple
26 Frittata, French Toast, Sausage, Pot, Mandarin Oranges	27 Pasta/Meatballs, Zucchini, Roll, Fresh Fruit	28 Breaded Fish, Rice Pilaf, Mixed Veg, Natural Grain Bread, Peach Crisp

June 16 is Fresh Vegetable Day! A great way to eat veggies is with a dip.

Easy Vegetable Dip

Ingredients: 1 package Knorr® Vegetable recipe mix, 1/2 cup Mayonnaise, 1 container (16 oz.) sour cream

Directions: Combine all ingredients in medium bowl. Cover and chill 2 hours to blend flavors. Stir before serving. Serve with cut up fresh veggies.

JUNE VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			1 9:30 Mens' Breakfast 9:30 Van: Walmart/SalemNH 12:30 Tai Chi 2:00-3:00 Walking Club
5 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	6 No Shopping Van– Brown Bag SHINE Appts. 12:00 Lunch 12:30 Strength Training 2:00-3:00 Walking Club	7 9:30 Visiting Nurse 9:30 Yoga 12:00 Lunch	8 10:00 Knitting Club 10:00 Mah Jong Group 10:30 Van: Plaistow, NH 12:30 Tai Chi 1:00-4:00 Stamp Club 2:00-3:00 Walking Club
12 9:30 Dolls 10 a.m.-3 p.m. Quilting Group 10:30 Yoga 12:00 Lunch 12:30 Bingo	13 9:30 Van: Newburyport 11-12 Sen. Tarr Office Hrs. 11-12 Rep. Mirra Office Hrs. 12:00 Lunch 12:30 COA Board Meeting 12:30 Strength Training 2:00 Friends Meeting/GSCC 2:00-3:00 Walking Club 2:00-3:00 Beginners' Quilting	14 9:30 Yoga 12:00 Lunch	15 10:30 Van: North Shore Mall 12:30 Tai Chi 2:00-3:00 Walking Club
19 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	20 9:30 Van: Riverside/Hav. 12:00 Lunch 12:30 Strength Training 2:00 Book Club 2:00-3:00 Walking Club	21 9:30 Yoga 12:00 Lunch	22 10:00 Fall Prevention 10:00 Knitting Club 10:30 Van: Target/Mann's Or. 12:30 Tai Chi 2:00-3:00 Walking Club
26 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	27 9:30 Van: Seabrook, NH 10:00 Free Legal Help by appt 12:00 Birthday Lunch 12:30 Strength Training 2:00-3:00 Walking Club 2:00-3:00 Beginners' Quilting	28 9:30 Yoga 10:30 Dementia Thru Stages 12:00 Lunch	29 10:00 Fall Prevention 10:30 VAN: West Gate/Hav. 12:30 Tai Chi 2:00-3:00 Walking 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.