



A FEW GRAY HAIRS



A Newsletter of the Georgetown Council on Aging

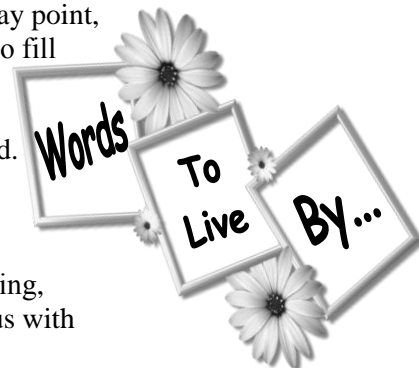
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Director's Notes: Earlier this month, my husband and I were at our older daughter's home. We had been at afternoon soccer practice with the girls and the playground with our little grandson. Everyone was tired, hungry and more than a little dirty. While my daughter and I were putting together a quick supper, lots of toys suddenly appeared at our feet. "Remember not to get out more than you can put away," my daughter told her three children. I laughed and said how many times did I say that to you and your sisters? "So that's where I heard it," my daughter said. "But it started with your grandmother who would say it to your aunt and me," I explained, "and she would sing it to her nursery school students." The conversation caused me to think about the other sayings and quick advice that I remember hearing from my parents and grandparents. Freeze a table cloth to remove candle wax, both my mother and grandmother told me. Use vinegar and water to treat grass stains and peanut butter to remove pine pitch from jeans. There must have been some very active little curly-haired child that kept them coming up with laundry tips! To avoid a bad potato, always buy loose potatoes rather than pre-bagged, my grandmother told me while shopping one day. I think of her every time I find a potato with blight! Do the hard work first, my grandfather said, and save the easier task for last. Wait until after the last frost to plant your peas, he also advised. Of course that was central-Ontario and the last frost was definitely not until late April! Don't let your gas tank go below the half-way point, my Dad would warn me. You don't want to run out of gas, he said, and it costs less to fill it! And on more than one occasion I heard a sharp reminder to keep both hands on the wheel! Days when I was feeling a little sorry for myself, my mother reminded me to think about others. Not everyone lives the same way that we do, she counseled. I realize now that all of those quick sayings were true lessons and came together to form a framework for how to live thoughtfully. Let your children play, plan your work, be cautious in your actions, appreciate the gifts and blessings that our lives include. As we celebrate our families with Mother's Day and Father's Day this spring, we honor the people we are fortunate to have in our lives who generously provided us with so many important life lessons to carry with us on our own personal journeys.



Thank You to Our Volunteers & Sponsors Of The Volunteer Appreciation Breakfast

The April Volunteer Appreciation Breakfast gave the Georgetown Council on Aging an opportunity to thank many of our volunteers, but we wish to offer our thanks to all of the volunteers who support our work within the community. We also thank Ashland Farm at North Andover & Nunan's Plants & Greenhouses of Georgetown & the Executive Office of Elder Affairs (Formula Grant) for their sponsorship of the Volunteer Appreciation Breakfast. By sharing their skills & knowledge, volunteers provide the Georgetown Council on Aging with critical support. Last year, 75 volunteers gave more than 3,000 hours—a value of \$63,000—to support the COA, enhance the lives of elders & strengthen the connections within our community. Our volunteers are exceptional people with extraordinary hearts and an unlimited capacity for compassion and kindness. We could not do the work that we do without their care & assistance. We are deeply thankful for their dedication, support & friendship!

June Activities

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



CALL US AT 978-352-5726.



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

Shopping Date	Location	Recreation Date	Location
June 4	NO SHOPPING VAN – Brown Bag	June 6 9:30	Super Walmart/Salem, NH
June 11 9:30	Riverside/Haverhill	June 13 10:30	Seabrook, NH
June 18 9:30	Plaistow, NH	June 20 10:30	Target & Mann's Orchard/Methuen
June 25 9:30	Riverside/Haverhill	June 27 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!**

PUBLIC HEALTH NURSE: Wed. June 5, 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. June 6, 9:30 a.m.

Celebrate Fathers' Day with a special gift. **Rev. Bill Boylan**, local historian, will be speaking. 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 breakfast: August 2 Speaker: TBA

KAREN TYLER, DIR. VET. SERVICES OFF. HOURS:

Thurs. June 6, 10:30 a.m. – 11:30 a.m.

(Note: No office hours in July ~ Holiday)

SHINE OFFICE HOURS: Mon. June 17, 9 a.m.-12 p.m.

SHINE Counselor Nancy Aberman 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 18, 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.

ICE CREAM SOCIAL @ TRESTLE WAY

Thurs. June 6, 2 p.m.

See pg. 3.

EASY SPRING ORGANIZING TIPS

Tues. June 11, 10:30 a.m.

See pg. 3.

GRIEF SUPPORT GROUP

Tues. June 11, 1:30 p.m.

5 WISHES & ADVANCE DIRECTIVES

Wed. June 12, 2 p.m.

See pg. 3.

TOE-TAPPING, KNEE-SLAPPING DANCE CLASS II

Tues. June 18, 10:30 a.m.

See pg. 3.

PANINI LUNCH:

Thurs. June 20, 12 p.m.

See pg. 6.

ID THEFT & FRAUD PREVENTION

Thurs. June 20, 12:30 p.m.

See pg. 6.

JUNE BOOK CLUB:

Tues. June 18, 2 p.m.

(Note: Day change for June only.)

"The Kennedy Debutante" by Kerri Maher

COA Friends will meet Tues. June 11 at 1 p.m.

JUNE BIRTHDAY:

Wed. June 26, 12 p.m. Join us as we honor our friends who were born in June. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 6/19/19 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. June 25, 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)	Monday	10:30 a.m.
	Wednesday	9:30 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.



Massachusetts
Councils on Aging

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

Ice Cream Social at Trestle Way
Sponsored by the Friends of the COA

Thurs. June 6 at 2 p.m.

**Please call
the COA**



(978) 352-5726

To sign-up before June 3

Easy Spring Organizing Tips

Tues. June 11 at 10:30 a.m.

Presented by

Jen Anthony, Director of Community Relations
Ashland Farm/N. Andover

Join us for Coffee, Famous Ashland Farm Scones &

✓ **Discussion**

✓ **Tips for Reducing Clutter**

✓ **Give-Aways to Assist with Organizing**

Thank you to Ashland Farm for their generous donation of scones.

Please call the COA at (978) 352-5726 to sign-up by June 6

■ ■ ■ ■ ■ ON THE HORIZON... ■ ■ ■ ■ ■

- July 17 Ice Cream Social and Bocce/Sr. Center
- July 25 Annual Summer BBQ
- Sept. 11 Savvy Caregiver Program (6 weeks)
- Sept. 12 Special Labor Day Lunch (ESMV)
- Sept. 19 "Ann & Abby" Delvena Theater

5 Wishes & Advance Directives

Wed. June 12 at 2 p.m.

Presented by

Lois Marra from Merrimack Valley Hospice

There are many things in life that are out of our hands. The Five Wishes document gives you a way to control something very important—how you are treated if you get seriously ill. This program will cover all aspects of 5 Wishes along with other Advance Directives.

- Who You Want to Make Health Care Decisions When You Can't Make Them for Yourself
- What Kind of Medical Treatment You Want/Don't Want
- How Comfortable You Want to Be
- How You Want People to Treat You
- What You Want Your Loved Ones to Know
- 5 Wishes booklets will be available for all participants

Please sign-up if you plan to attend, so that materials can be ordered. For more information, contact the COA at (978) 352-5726.

Toe-Tapping, Knee Slapping Dance Class II

Instructor: Joyce Sartorelli

Tuesday June 18, 10:30 a.m.

**Join us for 45 minutes
of fun & instruction:**

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



No charge. ~ All skill levels welcome.
Contact the COA to sign-up as soon as possible.

978-352-5726

Join us for Lunch & Learn Thursday...

Thursday June 20

Georgetown Senior Community Center

Panini Grill Luncheon 12:00 p.m.

Provided by

Elder Services of Merrimack Valley

Panini choice will be taken at sign-up:

- **Chicken panini** (marinated chicken breast, provolone cheese, roasted peppers & fresh basil pesto)
- **Vegetable Panini** (roasted vegetables, cheddar cheese & pesto spread).

Cost: \$2 includes salad, chips and dessert

Lunch **reservations** are required **before Wed. June 12.**

For reservations, please call the COA at 978-352-5726.



ID Theft & Fraud Prevention 12:30 p.m.

Presented by

Robin Putman

Consumer Affairs & Business Regulation

This program will cover:

- ◆ Identity theft, scams and frauds in general
- ◆ Most common scams in circulation
- ◆ Major warning signs to be wary of
- ◆ Precautionary steps to avoid falling victim
- ◆ Question and Answer period

For further information or to sign-up, please call the COA at (978)352-5726.

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.

SCAM ALERT

A New Twist on the Old Grandparent Scam

The grandparent scam has been around for several years and new reports show that the scam is circulating in our area again. In this approach, a person calls an older adult pretending to be a grandchild who's been involved in an accident or legal trouble and needs money immediately. Recently, the Federal Trade Commission (FTC) found that instead of using wire transfer or gift cards, an increasing number of older adults are mailing cash to these fraudsters, with a median individual loss of \$9,000. According to reports, the scammers often ask seniors to divide the bills into envelopes and place them between the pages of a magazine, then send them using various carriers, including UPS, FedEx, and the U.S. Postal Service. The FTC warns that if you or a loved one receives one of these calls, don't act right away. Call that grandchild back on a correct phone number and verify their whereabouts. If you've mailed cash, report it right away to the Postal Service or shipping company you used. Some people have been able to stop delivery by acting quickly and giving a tracking number. Be sure to report the call & file a complaint to the FTC (FTC.gov/complaint).



The Georgetown Council on Aging thanks

*the Georgetown Cultural
Council & the Music
Masters for making our
Older Americans'*

*Month & Mothers' Day
celebration a success.*

*Pictured is W. Robert
Jeans, former resident
and a long-time*

*member of the Music
Masters, who celebrated
his 106th birthday in May*

*& serenaded the audience with a solo
performance of "The Impossible Dream"
from the musical "Man of La Mancha".*



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 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
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 **12:45 p.m.** on the 4th Tuesday of each month at **Georgetown Sr. Community Center**
51 North Street, Georgetown

NEXT BOARD MEETING:
Tuesday June 18, 2019
(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

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

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.

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>
3 Chix Stir Fry, White Rice, Asian Veggies, WW Roll, Pineapple	4 Meatballs Marinara, Pasta/sauce, Capri Veg, Italian Bread, Cookie	5 Cold Plate: Egg Salad/Bun, Pot Salad, Garden Salad, Yogurt, Juice (no milk)
10 Ravioli/meat sauce, Creamed Spinach, Italian Bread, Peaches	11 Hot Dog/Roll, Baked Beans, Coleslaw, Mandarin Oranges	12 Apricot Chix, Rice Pilaf, Garlic Green Beans, WW Bread, Berry Cup
17 Cheese Omelet, Roast Pot, Baked Apples, Muffin, Yogurt, Juice (no milk)	18 Sloppy Joes/Bun, Potato Chips, Mixed Veg, Fresh Fruit	19 Cold Plate: Garden Salad w/Chicken, Pita bread, Lentil Salad, Mixed Fruit
24 Mac'n'Cheese, Peas, Italian Bread, Cookie	25 Pulled Pork, Sweet Pot, Collard Greens, Corn Bread, Applesauce	26 Birthday Lunch Turkey/gravy, Mashed Pot, Carrots, WW Roll, Chocolate Pudding, Birthday Cake & Ice Cream

Celebrate Eat Your Veggies Day on June 17

1. Visit a local farm/farmer' market. ~
2. Eat at least 5 servings of veggies. ~
3. Prepare your favorite veggies for meals. ~
4. **Try a new veggie recipe:** Avocado Toast, Chicken/Cabbage Pot-Stickers, Chicken Salad or other meats in a lettuce wrap, Spinach/Chicken Quesadillas, Roasted Tomato Risotto, Pan-Seared Brussels Sprouts, Stuffed Zucchini Boats, Veggie Lasagna, Healthy Garlic Shrimp Pasta, Sautéed Julienned Zoodles (spiral cut veggies i.e., zucchini, squash, carrots).

JUNE VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	4 No Shopping Van-- Brown Bag 8:30 Walking Club 9:30 Strength Training 12:00 Lunch	5 9:30 BOH Nurse 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	6 9:30 Mens' Breakfast 9:30 Van: Super Walmart 8:30 Walking Club 10:30-11:30 Karen Tyler, Veterans' Serv. Office Hrs. 12:30 Tai Chi 2:00 Ice cream Social @ Trestle Way
10 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	11 9:30 Van: Riverside/Hav'Il 8:30 Walking Club 9:30 Strength Training 10:30 Easy Spring Organizing 12:00 Lunch 12:00 EMS Quilts 1:00 Friends of COA Meeting 1:30 Bereavement Group 2:00-3:00 Beginners' Quilting	12 9:30 Yoga 12:00 Lunch 12:30 Mah Jong 2:00 5 Wishes/Advance Dir.	13 10:30 Van: Seabrook, NH 8:30 Walking Club 9:30 Knitting Group 12:30 Tai Chi 1:00 Stamp Club
17 Shine Appointments 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	18 9:30 Van: Plaistow, NH 8:30 Walking Club 9:30 Strength Training 10:30 Toe-Tapping Dance 2 11:00 Sen. Tarr/Rep. Mirra Off. Hrs 12:00 Lunch 12:45 COA Board Mtg. [NOTE: Date change this month only] 2:00 Book Club [NOTE: Date change this month only]	19 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	20 10:30 Van: Target & Manns Orchard/Methuen 8:30 Walking Club 12:00 Panini Lunch 12:30 ID Theft/Fraud Protect'n 12:30 Tai Chi
24 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	25 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 2:00-3:00 Beginners' Quilting	26 9:30 Yoga 12:00 Birthday Lunch 12:30 Mah Jong	27 10:30 Van: Westgate/Haverh'Il 8:30 Walking Club 9:30 Knitting Group 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.