



A FEW GRAY HAIRS



A Newsletter of the Georgetown Council on Aging

Vol. 18/Iss. 9

March 2017

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Director's Notes... Arriving after the coldest and snowiest winter months, the month of March has always seemed like a gift to me. Although it can still be cold and snowy, the ground has begun to warm and thaw as the Earth tilts on its axis towards the sun. Our days are longer and lighter and some of us can smell sweetness in the air as the sap in the maple trees begins to run! Growing up in Ontario, we walked to school - truly two miles and up-hill in the snow! We did not have sidewalks and would walk on snow-banks, creating frozen trails along the roads. In the coldest part of winter, the snow slid up and down the banks like river banks became rather mushy. If you through the snow crust and your snow was totally melted. If you made it to the opportunity to wade across the that had once been a skating area. How seeped over the edge of your boot and day? On those days in March, we would boots and soggy mittens but our cheeks were rosy and our spirits were light. Spring was in the air and we were marching forward to good times! It may be a few years since most of us walked to school, but we have arrived at our beautiful new Senior Center at the Perley School! For many of you, it is a return to the scene of earlier school days! The winter is behind us and we are marching forward into the spring with new programs and activities as we settle into our new home. Our spirits are light and we can't wait to enjoy this wonderful Senior Center with all of you!



banks would become slippery as kids otters. As March arrived, the snow-weren't careful, your foot might break boot could be lost until the snow bank school with both boots intact, you had enormous puddle in the school yard deep could you wade before the water you had a "soaker" for the rest of the arrive home from school with wet

Georgetown Senior Community Center to Receive Mural

As a gift for the new Senior Center, the Georgetown Cultural Council has funded a mural project to be planned and coordinated by artist Mary Paganelli and involving local seniors.

A planning meeting will be held Tuesday, March 14 at 1 p.m. at the Georgetown Senior Community Center. Anyone interested in being involved is asked to bring thoughts and ideas to share. All skill levels are welcome.

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



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.

Council on Aging Expands Programs in New Space

With the expansion of space and hours, the Georgetown COA has added three new programs available to local seniors.

See page three for details on:

- Tai Chi Class ~ Thursdays at 12:30 p.m.
- Food Pantry
- Fitness Equipment

March Activities

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



CALL US AT 978-352-5726.



MARCH VAN SCHEDULE 2017

Shopping Date	Location	Recreation Date	Location
		March 2 9:30	Super Walmart/Salem, NH
March 7	NO VAN – Brown Bag Only	March 9 10:30	Plaistow, NH
March 14 9:30	Riverside/Haverhill	March 16 10:30	North Shore Mall/Peabody
March 21 9:30	Newburyport	March 23 10:30	Seabrook, NH
March 28 9:30	Rowley	March 30 10:30	Westgate/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:

Please note date change. Due to scheduling conflicts, Pam will be here on **Wed. March 29, 9:30 a.m.** for the April clinic. The **May clinic** has been changed to **Tues. 5/2**. 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. March 2, 9:30 a.m.**

Local Historian Rev. Bill Boylan will join us. With great appreciation, the COA thanks Crosby's Markets for their sponsorship. **To make reservations, call 978-352-5726.**

Next breakfast: April 6.

CHANGE IN SHINE OFFICE HOURS: There will be **NO SHINE** office hours in **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. March 14
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.

ST. PAT'S CORNED BEEF LUNCHEON:

Wed. March 8, 12 p.m. See pg. 3 for details.

MURAL PROJECT MEETING:

Tues. March 14, 1 p.m. See pg. 3 for details

BYFIELD PARISH LUNCHEONS RESUME:

Tues. March 21, 11:45 To make reservations, call the church at 978-352-5726.



MARCH BIRTHDAY CELEBRATION:

Wed. March 29, 12 p.m. (Note new time)

Help us send best wishes to our friends who were born in March. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 3/21/17 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

FRIENDS OF THE GEORGETOWN COA meetings...

Friends meet the second Tuesday of each month at 2 p.m. (March 14, April 11, May 9, & June 13) The Friends will now meet at the **Georgetown Senior Community Center**. The public is welcome.

Free Legal Help offered by Atty. Elaine Dalton

Tues. March 28, 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.

*Promoting
Healthy
Living*

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.

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 noon	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

St. Pat's Luncheon

Wed. March 8 12 p.m.

Presented by **ESMV Traveling Chef**

~Corned Beef & all the Fixin's~

**Call the COA at 978-352-5726 to
RSVP by 3/1/17**



COA Opens Food Pantry

As a new outreach program at the Georgetown Senior Community Center, the COA has established a food pantry. The program is designed to serve local elders. No income restrictions apply. Appointments are required.



For more information & to schedule appointments, please call the office at 978-352-5726.

Council on Aging Sponsors New Exercise Program
Join us for an 8 week trial **beginning March 2.**

TAI CHI Classes

Instructor: **Petra Horgan**

Thursdays at 12:30 p.m.

Georgetown Senior Community Center

- Increases flexibility & balance
- Gentle movement
- Decreases stress

Please note that Strength Training Classes now meet only on Tuesdays at 12:30 p.m.

For more information or questions, please call the COA at 978-352-5726.

Additional Fitness Opportunities for Seniors

To offer an additional exercise opportunity, the COA has established a fitness room at the Georgetown Senior Community Center. The room will house 2 treadmills, 2 exercise bikes, free weights and resistance bands. The equipment is available for use when exercise classes (yoga, strength training, tai chi) are not underway. For scheduling information, please call the COA at 978-352-5726.



AARP Tax Prep Assistance Available

Open to: Elders & other moderate-income individuals
Where: Georgetown Sr. Community Center
51 North Street ~ Georgetown
When: Thursday mornings March 2 - April 13

Appointments are required.

8 one-hour sessions available each Thurs. starting at 9 a.m.

To schedule an appointment, call the COA office at (978) 352-5726.

Things to bring with you to your appointment:

- ☆ Copies of 2015 Federal & State tax returns
- ☆ Anything received in the mail marked "Important Tax Return Document Enclosed" including W-2 forms, SSA-1099 (Social Security), 1099-R (pension/IRA), 1099-INT (interest), 1099-B/1099-DIV (stocks & mutual funds), 1099-HC (proof of healthcare).
- ☆ Costs of Medigap/Medicare Advantage Premiums
- ☆ Some form of Personal Identification
- ☆ To determine Circuit Breaker Tax Credit, bring 2016 Property Tax bills & Water Bills.

Information regarding tax preparation and the criteria for Massachusetts Circuit Breaker tax program is also available at the Council on Aging office.



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 **\$34,001** for one-person or **\$44,463** for a two-person household. This year applications are available, and can be completed, at the COA office. For more information, call the COA at (978) 352-5726.



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.



Looking Ahead...

May 9 Official GSCC Open House
3-6 p.m. Light Refreshments & Tours

May 15 Music Masters
1 p.m. Mother's Day Celebration

Circuit Breaker Tax Credit

The Massachusetts Circuit Breaker Tax Credit is a state income tax credit for certain Massachusetts residents age 65 years or older who paid rent or real estate taxes during the tax year. Based on local property taxes, the tax credit is funded by the state government. The credit is designed for senior homeowners and renters who meet income limits and other criteria. Homeowners are eligible for the credit if they paid more than 10 percent of their total income for real estate taxes, including water charges. Renters can count 25 percent of their rent as real estate tax payments. To qualify for the credit:

- You or your spouse must be 65 years or older by the end of the tax year
- If married, you must file a joint state tax return
- You cannot be the dependent of another taxpayer
- You must rent or own a home in Massachusetts that is your principal residence
- If you are a homeowner, your property's assessed value cannot exceed \$720,000
- If you rent, you cannot also receive a federal or state rent subsidy and your landlord must pay property taxes
- Income limits are: \$57,000 single; \$71,000 head of household; \$86,000 married filing jointly
- The amount you paid for real estate taxes must be greater than 10 percent of your total income

To claim the Circuit Breaker Tax Credit, you must file a state income tax return. If your credit is greater than the amount of income taxes owed, the state will issue a refund for the difference. The maximum credit for tax year 2016 is \$1,070. Individuals who meet certain requirements may be eligible to file retroactively for the last three years. **Information regarding tax preparation and the criteria for the state's Circuit Breaker Tax Credit is available at the COA office.**



Georgetown Senior Community Center celebrated its opening early with the Men's Breakfast on Thursday, February 2.

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 11:30 a.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

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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 March 28, 2017

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 Magnier,

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.

March 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 Veg Soup, Beef Taco Casserole, Green Beans, WW Bread, fresh Fruit
6 Beef Chili, Rice Pilaf, Mixed Veg, Corn Bread, Diet Gelatin	7 Pollock/Lemon Dill Sauce, Butternut Squash, Red Pot, Honey Wh Roll, Raisins	8 ESMV St. Pat's Luncheon Glazed Corned Beef w/all the fixings
13 LS Hot Dog/Roll, Pork Baked Beans, Potato Chips, Pineapple	14 Stuffed Shells/Meat Sauce, Cauliflower, Dinner Roll, Peaches	15 Tomato Basil Soup, Mediterranean Chix, Parmesan Risotto, Zucchini, Multigrain Bread, Fresh Fruit
20 Chix Picatta, Lemon Rice, Broccoli, Cookie/Lorna Doone, Italian Bread	21 <u>Byfield Parish Lunch</u>	22 Butternut Squash Soup, Turkey/Broccoli/Noodle Casserole, Carrots, WW Bread, Fresh Fruit
27 Herb Roast Chix/Gravy, Cheesy Cauliflower, Sweet Pot, Wheat Bread, Pears	28 Hamburger/Bun, Side of Cheese, Mashed Pot, Beets, Peaches	29 Chicken/Sweet Corn Soup, Asian Veg Blend, Asian Noodles/Pork, Fortune Cookie, Dinner Roll

Celebrate Peach Blossom Day (March 3) with a slice of PEACH BLOSSOM PIE

Ingredients: 3 or 4 Peaches ~ Unbaked 9" pie shell ~ 2 eggs, beaten ~ 1 c. milk ~ $\frac{3}{4}$ c. sugar ~ 1 tbsp. flour ~ Pinch of salt ~ Few drops of almond extract

Directions: Arrange peach slices on bottom of pie shell. Beat eggs, stir in flour and sugar; add milk, salt and almond extract. Pour mixture over peaches. Bake in hot oven 10 minutes at 400 degrees. Reduce heat to 325 degrees, baking 30 or 40 minutes longer until knife comes out clean.

MARCH VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1 9:30 Yoga No Visiting Nurse (was changed to 2/28/17) 12:00 Lunch	2 9:30 Mens' Breakfast 9:30 VAN: Walmart/SalemNH 12:30 Tai Chi 2:00-3:00 Walking Club *Tax Prep By Appointment*
6 NO SHINE this month 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:00 Bingo	7 No Shopping Van– Brown Bag 12:00 Lunch 12:30 Strength Training 2:00-3:00 Walking Club	8 9:30 Yoga 12:00 ESMV St. Pat's Lunch	9 10:30 VAN: Plaistow, NH 12:30 Tai Chi 2:00-3:00 Walking Club *Tax Prep By Appointment*
13 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:00 Bingo	14 9:30 Van: Riverside/Hav. 11-12 Sen. Tarr Office Hrs. 11-12 Rep. Mirra Office Hrs. 12:00 Lunch 12:30 Strength Training 1:00 Mural Planning Meeting 2:00 Friends Meeting/GSCC 2:00-3:00 Walking Club	15 9:30 Yoga 12:00 Lunch	16 10:30 VAN: No. Shore Mall 12:30 Tai Chi 2:00-3:00 Walking Club *Tax Prep By Appointment*
20 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:00 Bingo	21 9:30 Van: Newburyport 11:45 Byfield Parish Lunch 12:30 Strength Training 2:00-3:00 Walking Club	22 9:30 Yoga 12:00 Lunch	23 10:30 VAN: Seabrook, NH 12:30 Tai Chi 2:00-3:00 Walking Club *Tax Prep By Appointment*
27 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:00 Bingo	28 9:30 Van: Rowley 10:00 Free Legal Help by appt 12:00 Lunch 12:30 COA Board Meeting 12:30 Strength Training 2:00-3:00 Walking Club	29 9:30 Visiting Nurse (Note Change) 9:30 Yoga 12:00 Birthday Lunch	30 9:30 VAN: Westgate/Haverhill 12:30 Tai Chi 2:00-3:00 Walking Club *Tax Prep By Appointment*

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.