



A FEW GRAY HAIRS



Nat'l
Hamburger
Day
5-28-18

A Newsletter of the Georgetown Council on Aging

Vol. 19/Iss. 11

May 2018

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Director's Notes... Along with the consolidation and expansion of the Council on Aging activities and programs, the opportunity to develop the Georgetown Senior Community Center at the Perley School has led to several fun intergenerational programs. On a monthly basis, several elders read with preschool and elementary students in their classrooms. Connecting elders and students through music and refreshments, the annual holiday concert at the Georgetown Middle High School is always a special event. As a new opportunity, several high school students have leant their technology skills to provide elders with cell phone and iPad assistance. An on-going gardening program with the Perley Pre-School has been a lovely project for all. Last year, preschool students joined elder volunteers to plant tomatoes from seed which produced plenty of tomatoes for the COA lunch program. In the fall, the preschoolers to plant daffodil bulbs out of the soil. Blooms are soon to follow! This week, two preschool classes joined us to plant another round of vegetables for our kitchen garden. All of these intergenerational activities illustrate the theme of this year's



Older Americans Month –

young or too old to participate in mental and emotional wellbeing.

participants in both age groups smiled,

with each other. Our moods were lifted by the time spent together.

A commitment to engage with others during all phases of life is a model for the next generation and helps us all to remain healthy and active. Research shows that remaining active both socially and physically has significant health benefits for older adults. Supporting a healthy community, studies also show that the benefit gained by social and physical engagement is extended to all age groups in the community. In Georgetown, we are fortunate to have that model exemplified through elder participation in community and volunteer work. Last year, 88 of you joined us 1,602 times for yoga, strength training, Tai Chi or for fitness equipment while 1,643 of you joined us for a recreation or socialization program. That represents a clear commitment to **Engaging at Every Age!** Through that model, you graciously help shape our values, goals and life choices as a community for generations to come.

Join us on Monday May 14, as we honor the contributions that you provide others when we celebrate Older Americans Month with a 1 p.m. performance by the Music Masters at the Georgetown Senior Community Center. Refreshments and plenty of engagement will all be on hand!

The Council on Aging would like to thank Our Neighbors at Raymond Court

For their generous donation of food/goods for the COA Marketplace. As a COA outreach program, local elders are invited to visit us (by appointment). There are no income restrictions. Please call 978-352-5726.



Annual Town Meeting

Monday, May 7, 2018 7 p.m. at GMHS

Annual Town Election

Monday, May 14, 2018 8 a.m. - 8 p.m.
Penn Brook School

*Henry Charles Albert David Mountbatten-Windsor,
Prince of Wales
Will marry
Meghan Markle
At Windsor Castle in England
Saturday, May 19, 2018*



**Join us for a
Celebratory Tea on Thurs. May 17, 1 p.m.
At GSCC.**

**Hats, fascinators and gloves are encouraged.
Georgetown Peabody Library will provide a variety of
Royal Family materials for perusal. A light tea will be
served. For reservations, please call the COA at 978-
352-5726.**

The COA and all activities will be closed on Monday, May 28 for Memorial Day.

"A Few Gray Hairs" Newsletter is made possible by a grant from the Massachusetts Executive Office of Elder Affairs.

May Activities

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



CALL US AT 978-352-5726.



MAY VAN SCHEDULE 2018

Shopping Date	Location	Recreation Date	Location
May 1	NO VAN – Brown Bag Only	May 3 9:30	Super Walmart/Salem, NH
May 8 9:30	Riverside/Haverhill	May 10 10:30	North Shore Mall
May 15 9:30	Plaistow, NH	May 17 10:30	Target/Mann's Orchard/Methuen
May 22 9:30	Newburyport	May 24 10:30	Poets' Inn/Haverhill
May 29 9:30	Seabrook, NH	May 31 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. May 2, 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. May 3, 9:30 a.m.**
Dr. Dan Tollman will be on hand to speak on Men's health issues and answer questions. With great appreciation, the COA thanks Crosby's Markets for their sponsorship. **To make reservations, call 978-352-5726.**
Next breakfast: June 7 Speaker: TBA

SHINE OFFICE HOURS: **Mon. May 21, 9-11 a.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. May 15
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.

DR. WILLIAM O'BRIEN, RHEUMATOLOGIST:

Tues. May 8, 10 a.m. (See page 3.)

TECH SAVVY RETURNS:

Thurs. May 10, 11:15 a.m. (See page 3.)

MUSIC MASTERS CONCERT & MOTHERS' DAY PRESENTATION:

Mon. May 14, 1 p.m. (See page 3.)

ROYAL WEDDING TEA:

Thurs. May 17, 1 p.m. (See page 1.)

TELEVISED RED SOX GAME (BLUE JAYS):

Wed. May 30, 12:30 p.m. (See page 3.)

MAY BOOK CLUB:

Tues. May 22, 2 p.m.
"The Bookshop on the Corner" by Jenny Colgan

GRIEF SUPPORT FOR LIVING WITH LOSS:

Tues. May 8, 1:30 p.m. – 3 p.m.

FRIENDS OF THE GEORGETOWN COA meetings...

Friends will meet at **12 p.m.** at Georgetown Senior Community Center **on Tues. May 15 & June 12.** The public is welcome.



MAY BIRTHDAY: **Tues. May 29, 12:00 p.m.**

Join us as we send best wishes to our friends who were born in May. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 5/23/18 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. May 22, 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



Special Van Trip to Poet's Inn

Thursday May 24

Join us for a van trip to enjoy lunch at the **Whittier RTHS's well-known Poets' Inn Restaurant.** The van will begin to pick people up at **10:30 a.m.** For van reservations, please call the COA at 978-352-5726.

Seating is limited.

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	9:15 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



Music Masters Concert

Join us for a Dual Celebration

Monday, May 14 ~ 1:00 p.m.

In honor of **Older Americans Month** & our annual **Mothers' Day Recognition**, please join us for an hour of song and humor: an annual favorite enjoying a variety of styles and genres!

- Mothers will be honored with a special gift.
- Refreshments will be served.
- Reservations are not required, but **to help with planning, please call (978) 352-5726.**

The program is supported by a grant from the Georgetown Cultural Council, a local agency supported by the Massachusetts Cultural Council.

Tech Savvy II **GMHS Students Return**

Students return to assist elders in learning about the many uses of new cell phones and other technology on **Thurs. May 10, 11:15 a.m. to 12:30 p.m. at GSCC**. Topics will include: Facebook, Cameras, Videos, Email, & Emojis. This program was well-received the first time it was offered. For information & reservations, please call the COA at 978-352-5726.



Sports Club at GSCC

With the addition of our wide-screen T.V., the COA is offering televised sports.

Wed. May 30: Join us for snacks and baseball - **Boston v. Toronto Blue Jays** (1:05 p.m.)! Free concession stand opens at 12:30 p.m.

Thurs. June 21: **Boston v. the Minnesota Twins** (1:10 p.m.). This game will be preceded at noon by a special Panini Luncheon (reservations required). Make a day of it!

Rheumatic Diseases: Definitions and Treatments

Tuesday May 8, 10 a.m.

Georgetown Senior Community Center.

Presented by

Dr. Wm. O'Brien, Rheumatologist

Pentucket Medical Associates



Discussions will include:

- Arthritis (i.e., Osteo, Rheumatoid, Psoriatic)
- Connective Tissue Disorders (i.e., Lupus)
- Muscle/Joint Disorders (i.e., Fibromyalgia, Bursitis)

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



The pool table will also be available for daily use (check room availability) and during the televised games.

Scrapbooks ~ Moments in Time...

A collection of articles, pictures, & celebrities ranging from 1950s thru 1970s has been donated by Ardie and Carl Much of Groveland. Scrapbooks can be viewed in the GSCC Library.



**Don't throw away personal information!
Securely shred it at Pentucket Bank's**

Shred Day

Saturday, May 19 ~ 9 a.m. to 1 p.m.

Pentucket Bank Stadium Branch

120 Lincoln Ave. ~ Haverhill, MA

This is a free service.



Center at Punchard to offer Memory Cafés

The Center at Punchard in Andover will offer Memory Cafés on **Mondays May 21 & June 25, at 1 p.m.** The May 21 café will feature music by Paul Wayne while the June 25 café will feature musician Russ McQueen. Memory Cafés offer a welcoming place for people living with memory changes. They offer a break from normal routines for the individual living with memory change as well as caregivers. Resources, information and connection to other local community supports are available. Refreshments are provided. For further information, please call 978-623-8320.

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.

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.

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 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, 103 volunteers gave more than 4,000 hours to support the COA, donating more than \$63,000 in hours of service to 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!



ESMV to host "Morning for Me"

Caregivers are invited to take a break and join Elder Services of Merrimack Valley (ESMV) for a program regarding memory loss and aging when ESMV hosts their 3rd annual **"Morning for Me" program on Saturday May 5, 9 a.m. – noon at 280 Merrimack Street, Suite 400 (rear entrance), Lawrence.** The program is **free** for caregivers and will include information and resources, relaxation activities and raffle prizes. The morning will feature a presentation by Dr. Andrew Budson, co-author of "Seven Steps to Managing Your Memory." Breakfast is provided. Space is limited. For information on Respite Care services or to RSVP, please call Ashley at 978-946-1220.

Dr. Jonathan Jackson, PHD, Alzheimer's Researcher, was well-received as he presented "Brain Changes: A Part of Aging". This program was sponsored by Visiting Angels of Newburyport.



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.

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 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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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 May 22, 2018

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,

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.

May 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 Lasagna/Meat sauce, Cauliflower, Cookie, Wheat Bread	2 Open Faced Turkey Sandwich/Gravy, Mashed Pot, Green Beans, Peaches, Dinner Roll
7 Teriyaki Pork Stir Fry, Rice, Asian Blend Veg, Pineapple, WW Bread	8 Meatloaf/Gravy, Mashed Pot, Chef's Veg, Italian Bread, Yogurt	9 Egg Salad, Mixed Green salad, Potato Salad, Mandarin Oranges, Oatmeal Bread
14 Cheeseburger/Bun, Roast Pot, Beets, Mixed Fruit	15 Chicken Caesar Salad: (Green Salad/Diced chicken/Caesar Dressing) Tri Color Pasta Salad, Fresh Fruit, WW Dinner Roll	16 Vegetarian Lentil Stew, Rice, Brussels Sprouts, Peaches, Cornbread
21 Aloha Chicken, Rice, Green Beans, Oatmeal Bread, Fruit Loaf	22 Vegetable Frittata, Roast Pot, Apples, Roll, Juice (NO Milk), Yogurt	23 Pulled Pork/BBQ Sauce/Bun, Sweet Pot, Creamed Spinach, Applesauce
28 CLOSED: MEMORIAL DAY	29 Hot Dog/Roll, Pot chips, Pork Baked Beans, Mandarin Oranges	30 Tuna Salad, Cucumber/Tomato Salad, Tortellini salad, MG Bread, Gelatin

Strength Training Update

As of April 2018

Strength Training Classes are now held on **Tuesdays at 9:15 a.m.** at the Georgetown Senior Community Center.

MAY VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 No Shopping Van-- Brown Bag 9:15 Strength Training 12:00 Lunch	2 9:30 BOH Nurse 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	3 9:30 Mens' Breakfast 9:30 Van: Walmart/Salem, NH 12:30 Tai Chi
7 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo 7 p.m. Town Meeting	8 9:30 Van: Riverside/Haverhill 9:15 Strength Training 10:00 Rheumatology/Dr. Obrien 12:00 Lunch 12:00 EMS Quilts for Comfort 1:30-3 Grief Support Group 2:00-3:00 Beginners' Quilting	9 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	10 10:30 Van: No. Shore Mall 9:30 Knitting Group 11:15-12:30 Tech Savvy 12:30 Tai Chi 1:00 Stamp Club
14 8 a.m.-8 p.m. Election Day 9:30 Dolls 10:30 Yoga 12:00 Lunch 1:00 Music Masters NO BINGO TODAY	15 9:30 Van: Plaistow, NH 9:15 Strength Training 11-12 Sen. Tarr Office Hrs. 11-12 Rep. Mirra Office Hrs. 12:00 Lunch 12:00 COA Friends	16 9:30 Yoga 12:00 Lunch 12:30 Mah Jong 12:30 Red Hatters' Game Social	17 10:30 Van: Target/Mann's Orchard 12:30 Tai Chi 1:00 Royal Wedding Tea
21 SHINE Appts. available 9:30 Dolls 10:30 Yoga 12:00 Lunch 12:30 Bingo	22 9:30 Van: Newburyport 9:15 Strength Training 10:00 Legal Assistance 12:00 Lunch 12:00 EMS Quilts for Comfort 12:45 COA Board Meeting 2:00 Book Club 2:00-3:00 Beginners' Quilting	23 9:30 Yoga 12:00 Lunch 12:30 Mah Jong	24 10:30 Van: Poets' Inn 9:30 Knitting Group 12:30 Tai Chi 1:00 Stamp Club
28 Closed for Memorial Day	29 9:30 Van: Seabrook, NH 9:15 Strength Training 12:00 Birthday Lunch	30 9:30 Yoga 12:00 Lunch 12:30 Mah Jong 12:30 Ball Game Concessions 1:00 Red Sox v. Blue Jays	31 9:30 Van: Westgate/Haverhill 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.