



A FEW GRAY HAIRS



A Newsletter of the Georgetown Council on Aging

Vol. 17/Iss. 10

April 2016

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Director's Notes... Citing the value of volunteerism in his national proclamation last year, President Barack Obama said that "Volunteers – often with few resources and little recognition – make enormous sacrifices to lift up the people around them as well as those they may never meet." Launched as a national initiative in the 1970s, April's National Volunteer Week is an opportunity to recognize the extraordinary work accomplished by millions of Americans through service to their communities as well as to the nation. The national observance highlights the impact and power of volunteerism in civic engagement and community building. With volunteers involved in all aspects of this community, the spirit of volunteerism that exists in Georgetown could serve as a national model. On a daily basis, the positive impact that volunteers have on the lives of others is evident to the Georgetown Council on Aging (COA). During the past year, 150 volunteers provided the COA with almost 3,000 hours of volunteer service, an estimated value of \$62,550. More than 50 volunteers lent their talents to help with seasonal parties and monthly events. Six volunteer drivers drove a total of 1,319 miles, transporting elders to 64 out-of-town medical appointments. Our volunteer SHINE Counselor assisted a record 73 people with health insurance issues while our AARP Tax Aides prepared income tax returns for 100 people. Never missing a month, our 16-member newsletter committee spent a total of 220 hours collating, folding and labeling 10,000 newsletters. Volunteers also served as board members, assisted with programs and activities, and provided office support. They are a true reflection of the values of this community and we are lifted by all of the acts of caring they provide us and the individuals we serve together.



Georgetown Senior Community Center Project Update

Following the support of voters at the November special town meeting to fund the first phase of construction needed to repurpose five classrooms at the Perley School as the Georgetown Senior Community Center, work on the project has continued to move forward. Working with Sterling Associates, plans include a new entrance area, administrative offices & reception area in one classroom & three smaller areas for confidential programs & services in a second classroom. Three additional classrooms will provide space for activities including cards, games & crafts as well as fitness, community & health education & cultural programs. The COA will share use of the cafeteria, kitchen & gymnasium with the Georgetown School Department. In December, the Selectmen & School Committee approved a Shared Use Agreement for the portions of the building involved in the new facility. In February, Ambient Temperature Corp. of Newburyport was selected as the project's General Contractor & will coordinate the construction. Carpentry students from the Whittier Regional Vocational Technical High School will provide much of the construction. At the annual town meeting in May, voters may be asked to support \$150,000 from the Community Preservation Fund to complete the renovations. By bringing all of the COA's 30 programs & services under one roof, the new Senior Community Center will allow the COA to be more efficient & effective in serving local elders & their families. The new facility will also allow for additional programs & services needed to serve current & future elders. The COA is grateful for the Town's support of this exciting project. We look forward to the many opportunities that the new Georgetown Community Senior Center will bring for all!



On March 14, Carpentry students from Whittier Reg. Voc. Tech. High School began demolition of a classroom at Perley School, the future site of the Georgetown Senior Community Center.



Annual Town Meeting

Monday, May 2, 2016

7 p.m. at GMHS



Annual Town Election

Monday, May 9, 2016

8 a.m. - 8 p.m.

Penn Brook School

The COA and all activities will be closed on Monday April 18 for Patriots' Day.

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

April Activities

ACTIVITIES ARE HELD AT THE FIRST CONGREGATIONAL CHURCH UNLESS OTHERWISE NOTED.



CALL US AT 978-352-5726.



A P R I L V A N S C H E D U L E 2 0 1 6

Shopping Date	Location	Recreation Date	Location
Apr. 5	NO VAN – Brown Bag Only	Apr. 7 9:30	Super Walmart/Salem, NH
Apr. 12 9:30	Riverside/Haverhill	Apr. 14 10:30	Seabrook, NH
Apr. 19 9:30	Newburyport	Apr. 21 10:30	Mann's Orchard/Methuen
Apr. 26 9:30	Plaistow, NH	Apr. 28 10:30	Haverhill

JOIN US MONDAY – WEDNESDAY MORNINGS from 9-10:30 a.m. at the First Congregational Church for cards and cribbage games! Hot coffee and snacks are a great way to reconnect with friends!

CHANGE IN SHINE OFFICE HOURS: There will be **NO SHINE** office hours in **April**. Call the COA office for assistance or further information. (978) 352-5726

VISITING NURSE: Wed. April 6 9:30-10:30 a.m.
First Congregational Church (NOTE NEW HOURS)
 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. **NOTE: The May clinic will be held on Monday May 9. (Day change for May only.)**

MEN'S BREAKFAST: Thurs. April 7 9:30 a.m.
Trestle Way
 Join us in welcoming speaker **Dave Schofield, Georgetown Light Dept.** With great appreciation, the COA thanks Crosby's Markets for their sponsorship & the Georgetown Housing Authority for their partnership in offering the monthly program. **To make reservations, call 978-352-5726.**

Next breakfast: Thurs. May 5
Speaker: Rev. Bill Boylan, local historian



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.

Local Legislators' Office Hours

The following legislators, or their representatives, will be on hand at **Town Hall** 2nd Floor Conference Room to meet with constituents to answer questions, hear comments or provide assistance. The public is welcome. For more information, contact the COA at 978-352-5726.

Rep. Lenny Mirra: **Sen. Bruce Tarr:**
For Date/Time **Tues. 4/19**
Call: (617) 722-2130 **10:30-11:30 a.m.**
Leonard.Mirra@MAhouse.gov **Bruce.Tarr@masenate.gov**

BYFIELD PARISH LUNCHEON RESUMES:

Tues. April 19, 11:45 a.m. Contact the church for more info or to make reservations. 978-352-2022

SHOPPING RIGHTS PROGRAM: **Tues. April 26, 10 a.m.**
First Congregational Church **Details pg. 3.**



APRIL BIRTHDAY CELEBRATION:

Wed. April 27, 11:30 a.m. **First Congregational Church**
 Help us send best wishes to our friends who were born in April. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 04/20/16 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

FRIENDS OF THE GEORGETOWN COA will now meet on **Tuesdays at 1:30 p.m.** at Georgetown Peabody Library. Upcoming meetings: April 19 & May 17.

Free Legal Help offered by Atty. Elaine Dalton

Tues. April 26, 10 a.m. at First Congregational Church

Assistance available for: *Health Care Proxies, *Durable Power of Attorney, *elder law issues
 *15 min. appts. available by calling COA at 978-352-5726



"Getting Into Genealogy" **Mon. April 4 6:30-8 p.m.**
Georgetown Peabody Library

Seema Kenney of MSOG will present info on how to research genealogy/family history.

The program is FREE. Pre-Registration is appreciated.
To register, contact the Library: 978-352-5728.

Health & Wellness Classes

Yoga classes are held at First Congregational Church.
Strength Training Classes are held at Trestle Way.
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	9:00 a.m.
Strength Training	Tuesdays	12:30 p.m.
	Thursday	10:45 a.m.

*Promoting
Healthy
Living*

Walking Club

Meets Mondays & Wednesdays
3:30-5:00 p.m.
At Penn Brook School.
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 10 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

Please note: When attending any class or program scheduled at Trestle Way, please be mindful to park in non-resident parking only.

Coming in May...



Mother's Day Breakfast Tea
Tuesday May 10, 9:30 a.m.

First Congregational Church.

To make reservations, please call the COA at
(978) 352-5726 by Tues. May 3.

Shopping Rights Program Scheduled

Consumer University
with a focus on shopping rights

Presented by Robin Putnam,
Research and Special Projects Manager
Office of Consumer Affairs and Business Regulation

Tues. April 26, 10 a.m.
First Congregational Church

The presentation will include

- ♦ information about the Office,
- ♦ expressed & implied warranties,
- ♦ return policies,
- ♦ defective merchandise,
- ♦ pricing discrepancies, and
- ♦ shopping online, through the mail or television.



Refreshments will be served.

If planning to attend, please call the Georgetown COA at
978-352-5726.

Music Masters!

Monday, May 16 ~ 1:00 p.m.
First Congregational Church



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

Shifting Gears

Rules of the road, defensive & safe driving tips

Presented by
Michele Ellicks,
Outreach Coordinator
Registry of Motor Vehicles



Tues May 24, 10 a.m.
First Congregational Church

AARP Tax Prep Assistance Available

Open to: Elders & other moderate-income individuals
Where: COA Office (Town Hall)-1 Library St.
When: Thursday mornings through April 14

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

Things to bring with you to your appointment:

- ★ Copies of 2014 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).
- ★ Some form of Personal Identification
- ★ To determine Circuit Breaker Tax Credit, bring 2015 Property Tax bills & Water Bills.

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 **\$33,126** for one-person or **\$43,319** for a two-person household. This year applications are available, and can be completed, at the COA office.

Fuel Assistance Offered By Trustees of the Perley School



Recognizing the difficulties of home heating costs, the Trustees of the Perley Free School offer a **limited** fuel assistance program to local residents who are experiencing financial hardships with energy costs. Individuals who may need assistance with heating costs, including oil, gas or firewood, can call the COA at (978) 352-5726 for information & referral.

Local Caregiver Support Groups:

Avita of Newburyport

- 4 Wallace Bashaw Jr. Way, Newburyport
- Meets the 2nd Tuesday of each month
- 6 – 7:30 p.m.
- For info call: 978-225-7000 or email reception@avitaofnewburyport.com



Holy Family @ Merrimack Valley Hospital

- 1st Floor Atrium ~ 140 Lincoln Avenue, Haverhill
- Meets 3rd Wednesday of each month
- 7 – 8:30 p.m.
- Facilitated by Patricia Lavoie, LICSW
- For info call Pat at 978-420-1162 or email patricia.lavoie@steward.org

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 \$693,000
- 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; \$85,000 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 2015 is \$1,070. Individuals who meet certain requirements may be eligible to file retro-actively for the last three years.

Department of Telecommunications and Cable Reminds Elders About Consumer Protection

The state Department of Telecommunications and Cable (DTC) recently reminded elders of important consumer protection information regarding telephone landline and cable services. Verizon cannot terminate basic landline telephone service to households where all residents are 65 years of age or older. Verizon is required to provide free unlimited, local directory assistance calls (numbers within Massachusetts) to landline telephone customers who are 65 years of age or older and/or certified persons with disabilities. Landline or Wireless discounted telephone service is available for eligible low income consumers through the government's Lifeline Program. Information on the Lifeline Program is available through the Georgetown Council on Aging. Discounted basic cable service may be available to seniors residing in certain municipalities based upon a negotiated agreement between their cable provider and the Town. Digital Voice, Voice over Internet Protocol, wireless telephone service and internet services are not regulated by DTC. However, consumers can contact the DTC for assistance through the Consumer Complaints Program if their service provider fails to address the issue. Complaints can be filed by calling the DTC Consumer Hotline at 1-800-392-6066, or online, by visiting: <http://www.mass.gov/ocabr/government/oca-agencies/dtc-lp/consumer-dtc/file-a-complaint.html>.

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 COA Meal Site.

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 10:00 - 11:00 AM, Pam Lara, RN is available at the COA Meal Site to perform Blood Pressure checks, etc. Trestle Way residents may also visit with the nurse in the Community Building on the first Wednesday of each month, noon-2:00 PM.

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 at Town Hall 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 2/8/16

Georgetown Council on Aging
Memorial Town Hall
1 Library 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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PERMIT #39
Haverhill, MA

Georgetown Council on Aging
1 Library Street
Georgetown, MA 01833
(978) 352-5726

Office Hours:

Monday – Thurs. 8 am – 4 pm

Georgetown COA Meal Site
@ 1st Congregational Church
Andover St. ~ Georgetown, MA
(978) 352-8443

Open:

Monday – Wed. 9 am – noon

PUBLIC NOTICE

C.O.A. board meetings are open to the public. They are held at noon on the 4th Tuesday of each month at the **First Congregational Church Andover Street, Georgetown**

NEXT BOARD MEETING:
Tuesday April 26, 2016

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

Claire Maimone, Vice Chair

Susan Gardiner, Treasurer

Jean Perley, Secretary/Clerk

Corona Magner, Esther Palardy, Diane

Prescott, Nancy Thompson, Caroline

Sheehan, Ann Stewart & Susan Clay,

Alternates.

Town of Georgetown:

Michael Farrell, Town Administrator

Philip Trapani, Chair, Board of Selectmen

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 Merrimack Valley Nutrition Project is closed, there will be no lunches served at the COA Meal Site located at the First Congregational Church.

April Menu - Lunch reservations must be made by the previous Wednesday. Call (978) 352-5726.

Lunch is served Monday through Wednesday at the First Congregational Church at 11:30 a.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>
4 Chix ala King, Brown Rice, Cauliflower, Wh Grain Bread, Mixed Fruit	5 Shephard's Pie, Peas, Wh Wh Bread, Yogurt	6 LS Hot Dog/Wh Wh Bun, Beans, Capri Veg, Cookies
11 Chix Drumsticks, Red Bliss Pot, Green Beans, Wh Wh Roll, Sliced Peaches	12 Beef Stew, Corn & Peas, Biscuit, Cookie	13 Roast Turkey/Gravy, Stuffing, Mashed Pot, Carrots/Turnips, Natural Grain Bread, Mixed Fruit
18 CLOSED: Patriots' Day	19 Byfield Parish Luncheon	20 Mediterranean Chix, Lemon Olive Rice, Veg Ratatouille, Roll, Fruit Ambrosia/Coconut
25 Hamburger/Wh Wh Roll, Cheese, Pot Wedges, Cole Slaw, Yogurt	26 Chix Marsala, Brown Rice, Mixed Veg, Natural Grain Bread, Diced Pears	27 Eggplant Parm/Marinara, Green Beans, Wh Wh Roll, Mixed Fruit, Birthday Cake.

April is National Pecan Month. Celebrate with a sweet and spicy treat!

SPICED PECANS

Ingredients: 3 c. Unsalted Pecans (or other nuts) ~ 1 Egg White ~ 1 Tbsp. Orange Juice ~ 2/3 c. Sugar ~ 1 Tbsp. Grated Orange Peel ~ 1 tsp. Cinnamon ~ 1/2 tsp. Ginger ~ 1/2 tsp. Allspice ~ 1/4 tsp. Salt
(Note: Spices can be replaced with 1 Tbsp. Pumpkin Pie Spice or to taste.)

Directions: Heat oven to 275°. Place nuts in a large bowl & set aside. In a small bowl, beat egg whites & orange juice until frothy. Add sugar, rind, spices and salt. Mix well. Pour over nuts; stirring to coat well. On a greased jelly roll pan, spread nuts so they do not touch. Bake, stirring every 15 min., until light brown & crisp. (45-55 min.) Cool. Store airtight in a cool place up to one month. (These make great holiday gifts or hostess gifts any time of year!)



APRIL VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 NO SHINE THIS MONTH 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30-5 Walking Club	5 No Shopping Van-- Brown Bag 11:30 Lunch 12:30 Strength Training	6 9:00 Yoga 9:30 Visiting Nurse(New Hrs) 11:30 Lunch 3:30-5 Walking Club	7 9:30 Mens' Breakfast/TW 9:30 VAN: Walmart/Salem NH 10:45 Strength Training *Tax Prep By Appointment*
11 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30-5 Walking Club	12 9:30 Van: Riverside/Haverhill 11:30 Lunch 12:30 Strength Training	13 9:00 Yoga 11:30 Lunch 3:30-5 Walking Club	14 10:30 VAN: Seabrook, NH 10:45 Strength Training *Tax Prep By Appointment*
18 CLOSED: Patriots' Day	19 9:30 Van: Newburyport 10:30-11:30 Sen. Tarr Off. Hr. 11:45 Byfield Parish Lunch 12:30 Strength Training 1:30 Friends of COA/Library (New Day/Time)	20 9:00 Yoga 11:30 Lunch NO Walking Club Today	21 10:30 VAN: Mann's Orchard/ Methuen 10:45 Strength Training
25 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30-5 Walking Club	26 9:30 Van: Plaistow, NH 10:00 Shopping Rights Program 10:00 Free Legal Help by appt 11:30 Lunch 12:00 COA Board Meeting 12:30 Strength Training	27 9:00 Yoga 11:30 Birthday Lunch 3:30-5 Walking Club	28 9:30 VAN: Haverhill 10:45 Strength Training

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.