



A FEW GRAY HAIRS



Senior
Citizen Day
Aug. 21

A Newsletter of the Georgetown Council on Aging

Vol. 18/Iss. 2

August 2016

Email: cfiorello@georgetownma.gov

Website: www.georgetownma.gov

Director's Notes... Although the slightly shorter days and cooler nights of August often seem to herald the end of summer, there is still plenty of fun to enjoy before the fall arrives! We are so fortunate to live in an area that is a vacation destination for many people. Seaside towns with shops and harbors filled with boats, beautiful ocean and lake beaches, parks and nature preserves, ice cream stands and seafood restaurants with the very best lobster and fried clams – all in our own backyard! Full driving more than an hour from home! It is with a day trip to Rockport for a stroll the rocky coast of New Hampshire, restaurant that features plates heaped We've walked with family along the photograph the Fishermen's Memorial at the arcade in Hampton Beach. and enjoyed picnic suppers with family Prescott Park in Portsmouth NH. Waterfront Homecoming fireworks are always a big hit with young and older guests. How interesting to think of all the generations of families that have travelled so far to spend their vacations at beaches and summer communities that are just a few miles from where we live. Perhaps this summer, we can take a few hours, or maybe even a day, and play tourist in our very own spectacular vacation destination – no ticket or boarding pass required!



Senior Farmer's Market Coupon Distribution

Summer is here, and that means there's plenty of fresh produce available at Farmer's Markets across the Merrimack Valley! Good nutrition is important throughout our lives, and helps to promote healthy living and healthy aging. The **Senior Farmer's Market Nutrition Program** will offer a **limited supply of \$25 coupons to adults aged 60 and older who meet certain income guidelines**, to buy produce at their nearby Farmer's Market. The coupons will be available through Elder Services of the Merrimack Valley's Nutrition Program and distributed by some area Senior Centers. The coupons will be available on first come, first served basis on a distribution date that will soon be announced. You will need to bring proof of where you live such as a phone bill or electric bill that includes your name and address. You will also need to sign a statement that says you are 60 years of age or older, live in the Merrimack Valley and that you meet the income criteria. For more information on the distribution date, distribution sites and income criteria, please call the Georgetown Council on Aging at 978-352-5726.

COA Building Progress Report



Work continues to progress at the Georgetown Senior Community Center! Ductless wall mounted heating ventilation and cooling systems have arrived and will soon be installed by General Contractor Ambient Temperature Corp. of Newburyport.

Rough electrical work is also scheduled to begin this summer. Georgetown School Department staff have begun to clean and paint the three classrooms that will be future activity rooms. Carpentry students from the Whittier Regional Vocational Technical High School will return this fall to continue the carpentry work that will be coordinated by Ambient Temperature Corp. It is exciting to see the new facility begin to take shape!

August Activities

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



CALL US AT 978-352-5726.



AUGUST VAN SCHEDULE 2016

Shopping Date	Location	Recreation Date	Location
Aug. 2	NO VAN – Brown Bag Only	Aug. 4 9:30	Super Walmart/Salem, NH
Aug. 9 9:30	Riverside Plaza/Haverhill	Aug. 11 9:30	Peabody Essex Museum/Salem, MA
Aug. 16 9:30	Plaistow, NH	Aug. 18 10:30	Mann's Orchard/Target/Methuen
Aug. 23 9:30	Newburyport	Aug. 25 10:30	Haverhill
Aug. 30 9:30	Seabrook, NH	Sept. 1 9:30	Super Walmart/Salem, NH

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!

SHINE OFFICE HOURS: Mon. Aug. 1, 9-11 a.m.
Town Hall, 2nd Floor

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.

VISITING NURSE: Wed. Aug. 3, 9:30-10:30 a.m.
First Congregational Church

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. August 4, 9:30 a.m.
Trestle Way

Join us in welcoming State Rep. Lenny Mirra as our guest speaker. 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: Sept. 1 with Selectman Steve Sadler.**

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. August 16
Call: (617) 722-2130	10:30-11:30 a.m.
Leonard.Mirra@MAhouse.gov	Bruce.Tarr@masenate.gov

Free Legal Help offered by Atty. Elaine Dalton

NO APPOINTMENTS IN AUGUST
Appointments will resume Tues. Sept. 27, 10 a.m.

PROGRAM ON SODIUM: Tues. Aug. 9, 10 a.m.
First Congregational Church Details pg. 3

PEABODY-ESSEX MUSEUM VAN TRIP:
Thurs. Aug. 11 9:30 a.m. Details on pg. 3.

ELDER ABUSE PROGRAM: Tues. Aug. 30, 10 a.m.
First Congregational Church Details pg. 3

AUGUST BIRTHDAY CELEBRATION:

Wed. August 31, 11:30 a.m. First Congregational Church
Help us send best wishes to our friends who were born in August. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 8/24/16 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

FRIENDS OF THE GEORGETOWN COA will not meet in August. Watch for details in the fall.

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.

*Promoting
Healthy
Living*

Class	Meets on	Time
Yoga (Bring a mat or towel)	Mondays	10:30 a.m.
	Wednesdays	10:00 a.m.
Strength Training	Tuesdays	12:30 p.m.
	Thursday	10:45 a.m.

Walking Club

is on summer hiatus.
More information on this activity will be available in the fall.

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.

REMINDER

MONDAY YOGA CLASSES IN AUGUST (ONLY)
will meet at 10:00 a.m. at the
First Congregational Church.



VAN TRIP TO PEABODY ESSEX MUSEUM:

“American Impressionist: Childe Hassam and the Isles of Shoals” & “Rodin: Transforming Sculpture”

Thursday, August 11

Come and join us for a special van trip to the Peabody Essex Museum in Salem! The trip will include an opportunity to view both “American Impressionist: Childe Hassam and the Isles of Shoals” and “Rodin: Transforming Sculpture.” The Childe Hassam exhibit features more than 40 oil paintings and watercolors painted by Hassam during 30 years of visits to the Isle of Shoals, located off the coast of Portsmouth NH. The Rodin exhibit features sculptures and drawings that highlight the drama and experimentation that characterized Rodin’s career as an influential sculptor.

- The van will leave at 9:30 a.m.
- Cost for seniors is \$2 for the van, \$17 admission to the PEM.
- Lunch is on your own.
- **Seats are limited.**

To make a reservation, please call the COA
at (978) 352-5726.

Don’t miss our two Health & Well-being Programs **ESMV Nutrition Program on Sodium**

Tues. Aug. 9, 10 a.m.

First Congregational Church

Topics will include:

- current sodium recommendations,
- hidden sources of salt,
- heart healthy eating tips,
- question and answer period with Dietician Leigh Hartwell, ESMV.



ESMV/Elder Abuse Program

Tues. Aug. 30, 10 a.m.

First Congregational Church

Topics will include:

- definitions of abuse and neglect,
- information on intervention services & resources
- question & answer period with ESMV staff.

For more information or to sign-up for either (or both!) programs, call the COA office at 978-352-5726.



Music at Eden's Edge Summer Series

Music at Eden's Edge Senior/Family Series: free summer concerts at the **First Baptist Church, 221 Cabot Street, Beverly.** (Note new location.) Guests are always invited to stay for refreshments and conversations with the artists following the concerts. It is an enjoyable time for all – and it is all still **free!**

Concert dates are on Tuesdays @ 2 p.m. as follows:

August 16: Light in August (Donizetti, Bozza, Piazzolla, Corea, & Beethoven), and **September 13: Hope & Glory** (Ives, Mozart & Schubert.).

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

Bereavement Groups:

Merrimack Valley Hospice: Learning to Live w/Loss

- Riverwalk/360 Merrimack St., Bldg. #9, Lawrence
- Meets 1st & 3rd Wednesday of the Month
- 5:00 – 6:30 p.m.
- For info & registration call 978-552-4510

Merrimack Valley Hospice House: The Grief Journey

- 360 North Avenue, Haverhill
- Meets Wednesday afternoons 2 – 3:30 p.m.
- For info & registration call 978-552-4510

Beginning the Grief Journey ~ for Seniors

Merrimack Valley Hospice House

- 360 North Avenue, Haverhill
- Meets Wed. mornings 10:30 a.m. – 12 p.m.
- For info & registration call 978-552-4510



Looking Ahead to...

Tues. Sept. 13 Charlie Card Program
10:30 a.m. With Sen. Tarr's Office
 First Congregational Church

Tues. Sept. 20 "Laugh With The Ladies"/Tea
10 a.m. Delvena Theater
 First Congregational Church

Tues. Oct. 11 Autumn Lunch Special
11:30 a.m. Sponsored by ESMV
 First Congregational Church

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VOLUNTEERS NEEDED!

The Friends of the Georgetown COA will need volunteers to help sell raffle tickets for a gift basket fundraiser at the November 2016 election on Tues. November 8. Please email Beverly Knapp at bevknapp@verizon.net or call 978-352-8526.

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Highland Street Foundation sponsors Free Fun Fridays in August

(This is a PARTIAL listing. For more information, contact Highland Street Foundation at highlandstreet.org or call 617-969-8900.)

Friday, August 5

Harvard Museum of Natural History (Cambridge)
 Historic Deerfield (Deerfield)
 Hancock Shaker Village (Hancock)
 Old Manse, Trustees Of Reservations (Concord)

Friday, August 12

Garden in the Woods
 Mahaiwe Performing Arts Center (Great Barrington)
 Naumkeag, The Trustees
 Emily Dickinson Museum (Amherst)
 The Metropolitan Waterworks Museum

Friday, August 19

Institute of Contemporary Art (Boston)
 USS Constitution Museum (Boston-Charlestown)
 EcoTarium (Worcester)
 New England Historic Genealogical Society

Friday, August 26

Franklin Park Zoo (Boston-Dorchester)
 Museum of African American History (Boston)
 Norman Rockwell Museum (Stockbridge)
 Ventfort Hall Mansion and Gilded Age Museum (Lenox)

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 9:30 - 10:30 AM, Pam Lara, RN is available at the COA Meal Site to perform Blood Pressure checks, etc. Trestle Way residents July 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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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

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 August 23, 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

Caroline Sheehan, Treasurer

Jean Perley, Secretary/Clerk

Corona Magner, Esther Palardy, Diane

Prescott, Nancy Thompson, Ann

Stewart **Alternates:** Sue Clay &

Janice Downey

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 First Congregational Church.

August 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>
1 Greek Chix, Orzo Pilaf, Zucchini, Natural Grain Bread, Mixed Fruit	2 Lasagna/Meat Sauce, Summer Squash, Italian Bread, Mandarin Oranges	3 Breaded Fish, Mashed Sweet Pot, Peas, Wheat Bread, Cookie
8 Hamburger/Bun, Cheese, Green Beans, Mashed Pot, Pineapple	9 Baked Chix, Veggie Rice, Brussel Sprouts, Oat Bread, Peaches	10 Veggie Frittata/Cheese, O'Brien Pot, Corn, Biscuit, Pudding
15 Hot Dog/Roll, Baked Beans, Chef's Veg, Mandarin Oranges	16 Roast Turkey/Gravy, Mashed Pot, Stuffing, Carrot/Turnip, Whole Grain Bread, Mixed Fruit	17 American Chop Suey, Pasta, Broccoli, Dinner Roll, Fresh Fruit
22 Breaded Chix Bites, Honey Mustard, Mashed Pot, Zucchini, WG Bread, Pears	23 Sliced Pork/Gravy, Mashed Butternut, Cauliflower, Oat Bread, Apple Crisp	24 Chix Tetrastini/Pasta, Peas, Wheat Bread, Peaches
29 BBQ Pulled Pork/Bun, Corn/Red Peppers, Rice/Beans, Applesauce	30 Tuna Salad/Roll, Potato Chips, Tomato/Cucumber, Salad, Diced Pears	31 Birthday Lunch: Pasta/Meatballs, Broccoli, Breadstick, Birthday Cake/Ice Cream

Monday August 29 is **"More Herbs ~ Less Salt" Day**. Try something new ~ AND healthy ~ by cooking with herbs!

<u>Herbs</u>	<u>Flavor</u>	<u>Suggested Uses (partial listing)</u>
Basil	Sweet clove-like flavor, pungent	Chicken, eggs, fish, pasta, tomatoes
Chives	Onion or garlic flavor	Appetizers, shellfish, cream soups, salads, sauces.
Dill	Pungent, tangy	Seafood, meats, cheese, bread, salads, sauces, dips, veggies, flavored butters/vinegar/oil
Marjoram	Aromatic, slightly bitter & pungent	Fish, meat, poultry, sausages, stuffing, vegetables
Mint	Strong, sweet, cool	Refreshing beverages, desserts, lamb, sauces, soups
Parsley	Slightly peppery	Garnish, herb mixtures, sauces, soups, stews
Rosemary	Sweet, hint of lemon	Casseroles, fish, fruit salads, lamb, soups, stuffing, potatoes
Sage	Musty yet smoky aroma	Pork, lamb, meats, seafood, salads, vegetables, stuffing.
Tarragon	Subtle, delicate, almost licorice/anise-like	Eggs, fish, chicken, salad dressings, vegetables, sauces.
Thyme	Aromatic, minty, tea-like	Fish, meats, poultry, soups/stocks, stuffing, flavored butters/vinegar/oil

AUGUST VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 9:00 SHINE (Appts. Only) 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	2 No Shopping Van—Brown Bag 11:30 Lunch 12:30 Strength Training	3 9:30 Visiting Nurse 10:00 Yoga 11:30 Lunch	4 9:30 Mens' Breakfast 9:30 VAN: Walmart/SalemNH 10:45 Strength Training
8 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	9 9:30 Van: Riverside/Haverhill 10:00 Nutrition Program: Sodium 11:30 Lunch 12:30 Strength Training	10 10:00 Yoga 11:30 Lunch	11 9:30 VAN: PEM/Salem 10:45 Strength Training
15 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	16 9:30 Van: Plaistow, NH 10:30-11:30 Sen. Tarr Off. Hr. 11:30 Lunch 12:30 Strength Training	17 10:00 Yoga 11:30 Lunch	18 10:30 VAN: Mann's Orchard & Target/Methuen 10:45 Strength Training
22 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	23 9:30 Van: Newburyport No Free Legal Help in August 11:30 Lunch 12:00 COA Board Meeting 12:30 Strength Training	24 10:00 Yoga 11:30 Lunch	25 10:30 VAN: Haverhill 10:45 Strength Training
29 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	30 9:30 Van: Seabrook, NH 10:00 Elder Abuse Program 11:30 Lunch 12:30 Strength Training	31 10:00 Yoga 11:30 Birthday Lunch	Sept. 1 9:30 Mens' Breakfast 9:30 VAN: Walmart/SalemNH 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.