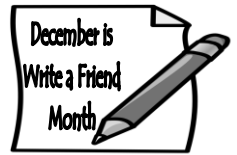




# A FEW GRAY HAIRS



A Newsletter of the Georgetown Council on Aging  
Email: [cfiorello@georgetownma.gov](mailto:cfiorello@georgetownma.gov)

Vol. 18/Iss. 6

December 2016  
Website: [www.georgetownma.gov](http://www.georgetownma.gov)

**Director's Notes...** One Christmas, many years ago, I spent a lovely afternoon decorating our Christmas tree with my grandparents. A fire crackled in the fireplace and there were plates of shortbread on the coffee table. As my grandparents unpacked the boxes of decorations, I carefully hung fragile glass and handmade wooden ornaments on the Scotch pine Christmas tree. As we worked together, my grandfather asked me what I would like for Christmas. I responded with the typical child's list: books, skates, mittens and games. "But what would you really like for Christmas?" my dear grandfather asked me. "A horse!" I responded without hesitation. Although I knew that we were probably not going to be able to stable a horse in our suburban back yard, I knew that my grandfather really wanted to know what was in my heart. If there was any possibility, he would have made that wish come true! Last Christmas, my family and I rode the Polar Express with our children and grandchildren. Along with costumed characters from the children's story, Santa also rode on the train with us. Children and adults



were all invited to write their Christmas lists and share them with Santa. I started my list with typical Mom ideas: slippers, books, gloves. "But what would you really like for Christmas?" my daughters asked me. "A Senior Center!" I responded without hesitation! This holiday season, that wish will come true for all of us! After more than two years of planning, construction of the new Georgetown Senior Community Center will be complete this month and our move to the new facility will be underway. We plan to celebrate our new home with an afternoon of holiday treats. A larger open house will be scheduled as soon as we finish unpacking and have unearthed our desks and chairs. We'll keep everyone in touch regarding the dates of the move and locations of activities. The COA is so very grateful for the Town's support of this exciting project. We are looking forward to all of the opportunities that the new Senior Center will bring to the community. What a joy to share with all of you! Wishes do come true!

## **Medicare Open Enrollment Ends Dec. 7**

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should have received a notice from your plan by now. That notice outlines changes to be made to your plan for 2017: *it is important to review, understand and save this information!*

**BE AWARE!** You will not be able to change your plan for next year after the deadline. If you would like help understanding your upcoming changes and options, call the Georgetown COA at 978-352-5726!



## **Many Thanks to Kiwanis Club**

Reflecting the true meaning of Thanksgiving, the Georgetown Kiwanis provided Georgetown elders with a magnificent Thanksgiving dinner on November 19 at the Penn Brook School. Crafted by the Georgetown Country Gardeners, beautiful centerpieces graced each linen-draped table. Featuring a turkey dinner that included all of the traditional side dishes, the afternoon began with hearty appetizers and ended with a wide variety of pies. Members of the Kiwanis were up at dawn to cook more than 20 turkeys for the crowd. The annual event nourished bodies and souls! The Georgetown COA thanks the Kiwanis for all of their care and compassion and work with elders in the community.



*Contractors continue work on the reception area and administrative offices at the new Georgetown Senior Community Center.*



**The COA and all activities will be closed on Mondays, December 26 for Christmas & January 2 for New Years.**

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

# December Activities

PLEASE CONTACT THE COA FOR LOCATIONS OF ACTIVITIES HELD IN DECEMBER.



CALL US AT 978-352-5726.



DECEMBER VAN SCHEDULE 2016

Shopping Date	Location	Recreation Date	Location
		Dec. 1 9:30	Super Walmart/Salem, NH
Dec. 6	NO VAN – Brown Bag Only	Dec. 8 10:30	Plaistow, NH
Dec. 13 9:30	Riverside, Haverhill	Dec. 15 10:30	North Shore Mall/Peabody
Dec. 20 9:30	Seabrook, NH	Dec. 22 10:30	Mann's Orchard/Target/Methuen
Dec. 27 9:30	Newburyport	Dec. 29 10:30	West Gate, Haverhill

**JOIN US MONDAY – WEDNESDAY MORNINGS** from 9-10:30 a.m. at the First Congregational Church—through **Wed. Dec. 7**, then check with the COA for location details-- for cards and cribbage games! Hot coffee and snacks are a great way to reconnect with friends!

**VISITING NURSE:** **Wed. Dec. 7, 9:30-10:30 a.m.**  
**First Congregational Church (tentative)**

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. Dec. 1, 9:30 a.m.**  
**Trestle Way**

Join us for plenty of food and camaraderie. With the upcoming move, no speaker is scheduled. 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: January 5 at the new Georgetown Senior Community Center, 51 North Street.**

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

## 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:**  
**For Date/Time**  
**Call: (617) 722-2130**  
**Leonard.Mirra@MAhouse.gov**

**Sen. Bruce Tarr:**  
**No Office Hours**  
**in December**  
**Bruce.Tarr@masenate.gov**

**HOLIDAY SAFETY PROGRAM:** **Tues. Dec. 13, 10 a.m.**  
**First Congregational Church (tentative)** Details pg. 3  
Check with COA for location.

## DECEMBER BIRTHDAY CELEBRATION:

**Wed. Dec. 28, 11:30 a.m.** Check w/COA for location.  
Help us send best wishes to our friends who were born in December. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 12/21/16 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

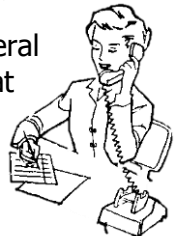
## **FRIENDS OF THE GEORGETOWN COA meetings...**

The Friends group is on winter hiatus until further notice.

## VOLUNTEERS NEEDED

The Council on Aging is in need of several volunteers to staff the reception desk at the new senior center.

If you are interested, please call the COA at 978-352-5726



## Health & Wellness Classes

Check with the Council on Aging for class locations for December.

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	12:30 p.m.
	Thursday	10:45 a.m.

*Promoting  
Healthy  
Living*

### **Walking Club**

**NEW TENTATIVE SCHEDULE**

Tuesdays & Thursdays 2-3p.m.

At Perley School.

Participants must pre-register  
with the COA. 978-352-5726

(See details below)

B	I	N	G	O
12	21	38	49	63
<b>Georgetown Senior Center</b>		40	<b>Trestle Way Community Room</b>	
Every Monday at noon	Cost: \$1.00/card covers up to 10 Games	Free Space	1 <sup>st</sup> & 3 <sup>rd</sup> 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

## EXERCISE PROGRAM NOTES

### CLASS SITE CHANGES



With the opening of the new senior center, BOTH Yoga & Strength Training will now be held at the GEORGETOWN SENIOR COMMUNITY CENTER. Days and times remain the same. Please call the COA regarding the start date.

**Walking Club** will tentatively resume on Tues. Jan. 3 and Thurs. Jan. 5 2017 from 2 p.m. to 3 p.m. at Perley School. Contact the COA later in December to verify dates and times. Also, remember that you must pre-register with the COA before starting the program. Call 978-352-5726.

## **GMHS Annual Holiday Concert/Breakfast**



**Fri. December 2**

Georgetown Middle/High School  
Breakfast @ 8:15 a.m., Concert @ 9:15 a.m.



*Listen to the sounds of the season presented by the Concert Band, Chorale & Chorus.*

*Come early and enjoy breakfast provided by the school food service. The breakfast & concert are free of charge.*

**RSVP to COA by Dec. 3 to the COA at (978)352-5726.**

**Holiday Dessert Buffet  
Week of December 19**

Watch flyers & local newspapers for more details.



We didn't want the season to pass by without a chance to visit with friends in our new location.  
Hope to see you there.

## **Holiday Safety Program**

Sponsored by Georgetown Light Dept.

Tues. Dec. 13, 10 a.m. Tentatively: First Congregational Church

The holidays can be a fun and exciting time of year. They can also be a dangerous time of year. Georgetown Light Dept. will share tips and information on staying safe.



- Refreshments will be served.
- Call the COA to verify location.

To assist with planning, please call the COA if you plan to attend. (978) 352-5726

## **Home Improvement Applicants Sought**



**Rebuilding Together** is now accepting applications for no-cost home repair assistance on the Annual Rebuilding Day on Saturday,

April 27, 2017. The application **deadline is Saturday, Dec. 31.**

### **Applicant eligibility:**

- Own and occupy your home for at least 2 years
- Live in the Greater Haverhill area (Haverhill, Groveland, Georgetown, Boxford, Merrimac, West Newbury, and Plaistow, NH)
- Meet Federal HUD low-income guidelines (Call for info)
- Are elderly, disabled, veteran or a family with young children
- Priority is given to homes that need safety and accessibility modifications. Other restrictions may apply.

If you or someone you know needs help with home repairs, modifications (such as grab bars or a wheelchair ramp), energy efficiency, please ask for an application by calling: 978-469-0800 or email [RTHaverhill@outlook.com](mailto:RTHaverhill@outlook.com)

## **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.

## **WINTER COAT PROGRAM FOR SENIORS** sponsored by Ruth's House (Haverhill)

**Each senior who qualifies will receive a coat, hat & scarf.**

### **Who qualifies?**

- Age 55 years+
- Enrolled in one of the following programs: MA Health, SSI, Food Stamps, SS Disability, Nutrition Programs, Veteran's Aid, Fuel Assistance



## **High School Students Offer Snow Removal Assistance**

Recognizing that it is often hard for older adults to shovel snow from stairs and walkways, students at Georgetown High School have offered to provide snow removal assistance to local elders. In partnership with the school's Community Service Program and other student service groups, elders with a need for assistance will be connected with a student volunteer. **To register for the program, call the COA at (978) 352-5726.**



**The Property Tax Incentive Program** will be available to Georgetown residents 60 years and older again this year. **Application forms and guidelines will be available AFTER November 20 at the Council on Aging.** The program will run January 1, 2017-October 31, 2017. The program currently permits elders to reduce their property taxes by \$500 per calendar year in exchange for 50 hours of volunteer service to the town. **Applications must be returned to the COA office by Thursday December 29, 2016.** For further information, please call the COA office at 978-352-5726.



## **Georgetown Peabody Library Offers Museum Passes**

The Friends of the Georgetown Peabody Library generously provides funding for the museum pass program. These passes allow free or reduced admission to some of the Boston area's most popular institutions. With the Friends support, we offer discounted passes to: the Isabella Gardner Museum, Museum of Science, Museum of Fine Arts, New England Aquarium, Peabody Essex Museum, MassParks Pass, USS Constitution Museum, Strawberry Banke Museum, Tower Hill Botanic Garden, Children's Museum of New Hampshire and Imagine That. Passes may be reserved by calling the library at 978-352.5728. They may also be reserved online or in person at the library.

For more information, please visit:

<http://georgetownpl.org/discover/museum-passes>



### **Required documentation:**

- License or other proof of age
- Proof of enrollment in one of the programs mentioned
- Signed referral form from a participating Agency (**includes Georgetown COA—call us!**), House of Worship or Ministration

Hours are by **appointment Tues. – Fri. 10:30 a.m. – 2:30 p.m.** Call during these hours to make an appointment. **978-521-5575**  
The Thrift Store at Ruth's House 111 Lafayette Square Haverhill, MA 01833

# **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. 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 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 10/12/16

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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Haverhill, MA

**Georgetown Council on Aging**  
**51 North Street**  
**Georgetown, MA 01833**  
**(978) 352-5726**

**Office Hours:**

**Monday – Thurs. 8 am – 4 pm**

**Georgetown**  
**Senior Community Center**  
**51 North Street**  
**Georgetown, MA 01833**

**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 4<sup>th</sup> Tuesday of each month at **Georgetown Sr. Community Center**  
**51 North Street, Georgetown**

**NEXT BOARD MEETING:**  
**Tuesday December 27, 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

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](http://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.

## **December 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>
<b>5</b> LS Hot Dog/Roll, Pork Baked Beans, Potato Chips, Pineapple	<b>6</b> Veggie/Cheese Frittata, Roast Sweet Pot, Baked Apples, Yogurt, Natural Grain Bread	<b>7</b> Cream of Broccoli Soup, Herb Roast Chix, Veggie Orzo, Brussels Sprouts, Pears, WW Roll
<b>12</b> Stuffed Shells/Meat Sauce, Cauliflower, Italian Bread, Mixed Fruit	<b>13</b> Chix Marsala Sauce/Pasta, Mixed Veg, Oatmeal Bread, Pudding	<b>14</b> Seafood Chowder, Cheeseburger/Roll, Potato Wedges, Zucchini, Mandarin Oranges
<b>19</b> Turkey A La King, Herbed Rice, Green Beans, WW Bread, Fresh Fruit	<b>20</b> Beef Stew/Veggies, Steamed Pot, Biscuit, Chef's Choice Dessert	<b>21</b> Chix Noodle Soup, Seafood Casserole, Rice Pilaf, Corn/Red Peppers, Dinner Roll, Mixed Fruit
<b>26</b> <b>CLOSED: Christmas</b>	<b>27</b> Baked Ham/Raisin Sauce, Sweet Pot, Peas, Multigrain Bread, Applesauce	<b>28</b> Veggie Soup, Chix Drumstick/Orange Sauce, Rice, Asian Blend Veg, Natural Grain Bread, Fresh Fruit, Birthday Cake/Ice Cream

CONTACT THE COA (978-352-5726) TO VERIFY THE LOCATION OF LUNCHES DURING THE MONTH OF DECEMBER.

## **HOLIDAY SNACK MIX**

**Whether you are entertaining or just snuggling in for the 500<sup>th</sup> showing of "It's a Wonderful Life," indulge in a tasty snack.**

**Ingredients:** ½ c. unsalted mixed nuts ~ 2 ½ c. toasted oat cereal ~ ½ c. dried cranberries/cherries ~ ½ c. red/green M&Ms ~ 1 c. mini-pretzel twists ~ 1 c. Cheddar Goldfish crackers ~ 1 c. green pumpkin seeds ~ 1 c. yogurt covered raisins

**Directions:** Combine all ingredients. Store in an airtight container. Put in a container with a pretty ribbon: makes a great gift!  
Makes approximately 16 (½ c.) servings.

Another tasty treat to snack, serve or gift: **Pretzel Turtles**

**Ingredients:** 20 small mini-pretzels ~ 20 chocolate covered caramel candies (Rolos) ~ 20 pecan halves

**Directions:** Preheat oven to 300° F. Arrange the pretzels in a single layer on a parchment lined cookie sheet. Place one chocolate covered caramel candy on each pretzel. Bake for 4 minutes. While the candy is warm, press a pecan half onto each candy covered pretzel. Cool completely before storing in an airtight container. Makes 20 servings.

## **DECEMBER VAN & ACTIVITIES CALENDAR**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			<b>1</b> <b>9:30 Mens' Breakfast</b> 9:30 <b>VAN:</b> Walmart/SalemNH 10:45 Strength Training
<b>5 NO SHINE this month</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>6 No Shopping Van-- Brown Bag</b> 11:30 Lunch 12:30 Strength Training	<b>7</b> 9:30 Yoga 9:30 Visiting Nurse 11:30 Lunch	<b>8</b> 10:30 <b>VAN:</b> Plaistow, NH 10:45 Strength Training
<b>12</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>13</b> 9:30 <b>Van: Riverside/Haverhill</b> 10:00 Holiday Safety Program 11:30 Lunch 12:30 Strength Training	<b>14</b> 9:30 Yoga 11:30 Lunch	<b>15</b> 10:30 <b>VAN:</b> North Shore Mall 10:45 Strength Training
<b>19</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	<b>20 9:30 Van: Seabrook, NH</b> 11:30 Lunch 12:30 Strength Training	<b>21</b> 9:30 Yoga 11:30 Lunch	<b>22</b> 10:30 <b>VAN:</b> Mann's Orchard & Target/Methuen 10:45 Strength Training
<b>26</b> <b>CLOSED: Christmas</b>	<b>27 9:30 Van: Newburyport</b> 11:30 Lunch 12:00 COA Board Meeting 12:30 Strength Training	<b>28</b> 9:30 Yoga 11:30 Birthday Lunch	<b>29</b> 10:30 <b>VAN:</b> Haverhill (W. Gate Plaza) 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.