



A FEW GRAY HAIRS



A Newsletter of the Georgetown Council on Aging

Vol. 18/Iss. 7

January 2017

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Director's Notes... As one year ends & a new year begins, we have an opportunity to reflect back on the past while also looking ahead to the future. Never before has that resonated more with me than this year. Although we are currently in the final stages of the construction of our new Georgetown Senior Community Center, that work should be done & we will have started to move into the new facility by the time this newsletter reaches you. As the construction has moved forward, we have really been able to see the possibilities that the new Senior Center will offer the community. A light-filled reception & welcoming area will greet people as small groups, confidential meeting will use for exercise classes, programs are clean & bright & third activity room will be furnished as well as tables for cards & games. gathered for the kitchen & a walk-in pantry. The possibilities & options of our programs & services under facility is really a culmination of all past 46 years. In 1970, seven board members were appointed to the COA & began the long line of dedicated volunteers who have worked so hard to bring programs & services to the town. They put the foundation in place that was needed to bring the Senior Center to a reality. The COA is so very grateful to all of the volunteers who shared the vision of what a Senior Center could mean to the community & the people that we serve. The possibilities & opportunities that will come with this new Senior Community Center are truly limitless. What a wonderful way to start the New Year!



The COA Board, Colleen & Ed DesJardins

on a recent walk-through of the construction site.

they arrive to our offices. Spaces for spaces & two activity rooms that we seminars, workshops or music waiting for people to fill them. The to provide a reading area, craft space, Furnishings & equipment have been closet will provide space for a food seem endless as we work to bring all one roof. But, this wonderful new the work that has taken place over the



Coming in February...Georgetown Senior Community Center's

Grand Opening

The sign is up. The doors are open. Please plan on joining us on February 15 for our grand opening. Details are being completed, but will include a Valentine Lunch provided by students at the Whittier Vo-Tech Culinary Program. Watch for details in the February newsletter.

A Holiday Thank You

Although they seemed to have arrived and departed "like the down of a thistle", the spirit generated by the holidays continues to warm us still! The Georgetown COA is grateful to all who helped to brighten the holiday season. We send our thanks to the Georgetown Middle/High School Music Department & Food Service for nurturing our bodies and lifting our spirits with their annual breakfast & holiday concert.

**The COA and all activities will be closed on
Mondays, January 2 for New Years & January 16 for MLK Day.**

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

January Activities

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



CALL US AT 978-352-5726.



JANUARY VAN SCHEDULE 2017

Shopping Date	Location	Recreation Date	Location
Jan. 3	NO VAN – Brown Bag Only	Jan. 5 9:30	Super Walmart/Salem, NH
Jan. 10 9:30	Riverside/Haverhill	Jan. 12 10:30	No. Shore Mall/Peabody
Jan. 17 9:30	Rowley	Jan. 19 10:30	Seabrook, NH
Jan. 24 9:30	Plaistow, NH	Jan. 26 10:30	Westgate Plaza/Haverhill
Jan. 31 9:30	Newburyport	Feb. 2 9:30	Super Walmart/Salem, NH

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

VISITING NURSE: **Wed. Jan. 4, 9:30-10:30 a.m.**
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. Jan. 5, 9:30 a.m.**
Georgetown Fire Chief Fred Mitchell will speak on “**Fire Safety in the Home**” to launch a new year in our new facility. With great appreciation, the COA thanks Crosby's Markets for their sponsorship. **To make reservations, call 978-352-5726. Next breakfast: February 2**

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

Local Legislators' Office Hours

State Rep. Lenny Mirra & Senator Bruce Tarr, or their representatives, will be on hand at the **Georgetown Senior Community Center** to meet with constituents to answer questions, hear comments or provide assistance. The next scheduled office hours for both will be:

**Tues. Jan. 17
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.

CONSUMER AFFAIRS PROGRAM:

Tues. January 17, 10 a.m.

See pg. 3 for details.

JANUARY BIRTHDAY CELEBRATION:

Tues. January 31, 11:30 a.m.

Help us send best wishes to our friends who were born in January. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 1/24/17 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

Looking ahead:

**Wed. Feb. 15 Whittier Valentine Lunch
11:30 a.m. RSVP by 2/8/17**

**Wed. Feb. 15 Georgetown Sr. Comm. Center
Time TBA Grand Opening Open House**

Free Legal Help offered by Atty. Elaine Dalton

Tues. January 24, 10 a.m.

Assistance available for: *Health Care Proxies,
*Durable Power of Attorney, *Elder Law Issues

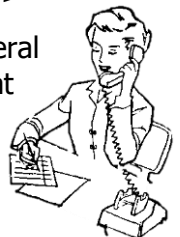
*15 min. appts. available by calling COA at 978-352-5726



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

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

*Promoting
Healthy
Living*

Walking Club

**Tuesdays & Thursdays
2-3 p.m.**

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

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



↑ Walking Club Resumes ↑

Tues. Jan. 10

Thurs. Jan. 12

2 p.m. to 3 p.m.

AARP Tax Prep Assistance Available

Open to: Elders & other moderate-income individuals

Where: Georgetown Sr. Community Center
51 North Street ~ Georgetown

When: Thursday mornings Feb. 9 - April 13

Appointments are required.

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

**To schedule an appointment, call the COA office at
(978) 352-5726 after January 9.**

Things to bring with you to your appointment:

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

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

Consumer Protection Program

Presented by

Robin Putnam

Office of Consumer Affairs & Business Regulations

Tuesday January 17, 10 a.m.

Start the new year with timely information on consumer protection:

- identity theft,
- how to avoid credit card skimming devices,
- the home improvement contractor law,
- the lemon law

To assist with planning, please sign-up with the COA at
978-352-5726

Medicare Open Enrollment is over: Can I still change my Health Plan?

Under certain circumstances you can make changes to your health insurance plan.

➤ If you have a **Medicare Advantage Plan**: between **January 1 and February 14**, you can leave your plan and switch to Original Medicare (A & B), but you **cannot** switch to another Medicare Advantage Plan. However, you can join a **Medicare Prescription Drug Plan** and a supplement or "**Medigap**" Plan.

➤ If you have **Prescription Advantage** you can change your drug plan one time per year.

For more information or assistance in making a change, call the Georgetown COA at 978-352-5726. You can also contact a SHINE representative at 1-800-243-4636, opt. 3.



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.**

COA Friends Raffle Winner

As a fundraiser to benefit elder programs with the Georgetown Council on Aging, the Friends of the Council on Aging held a successful Thanksgiving basket raffle on the Presidential Election Day. The raffle winner was Michelle Muise. The COA Friends thank all who bought tickets and supported the raffle. The Georgetown Council on Aging is grateful for the support provided by the COA Friends. The COA Friends' mission is to support the Georgetown COA as they seek to enhance the quality of life for local elders. As a non-profit tax-exempt organization, donations to the Friends group are tax deductible. New members are welcome and invited to join the group.



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.



Wanted: WWI Memorabilia

This summer the **Brocklebank Museum** in Georgetown will be hosting a **WWI Memorabilia Exhibit** in honor of the 100th anniversary of the war. They are reaching out to the public for donations of materials to include. Your items would be borrowed for display only and be returned upon the conclusion of the exhibit. For more information or if like to participate, please email the Georgetown Historical Society at info@georgetownhistoricalsociety.com

Circuit Breaker Tax Credit

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

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

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

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.

Council on Aging Services

For information on any of the following services, contact the COA at (978) 352-5726.

TRANSPORTATION/SHOPPING:

The Van is available Tuesdays & Thursdays for door-to-door for shopping and errands. Reservations should be made at least two days in advance by calling the COA office at (978) 352-5726. Monthly Van Schedules are printed in the Newsletter. A small donation is suggested to help with program expenses.

TRANSPORTATION/MEDICAL:

Northern Essex Elder Transport, Inc.

This program provides rides for elders to medical appointments. Arrangements should be made at least **ONE WEEK** in advance by calling the COA office at (978) 352-5726. If the office is closed, please leave a message (and remember that the COA is not open on Fridays). After the ride is arranged, the **DRIVER** will call you the day before the ride. A donation of 43 cents per mile is suggested to help support the program, but no one is turned down due to inability to pay. Please remember: Reservations must be made through the COA office. Clients should not call the drivers directly.

RING & RIDE: Medical, Shopping & General Purpose

Transportation & Medi-Ride

Ring & Ride is a free shared van service available to Georgetown residents. It requires 24 hour notice w/reservations made through MVRTA (978-469-6878, option #3). The van can be used for any purpose including medical and shopping in Amesbury, Boxford, Georgetown, Haverhill, Groveland, Newburyport, Lawrence, Methuen, Newbury, North Andover, West Newbury, & Rowley Train Station & Market Basket. MVRTA also provides Medi-Ride to Boston area hospitals. For brochures, contact the COA.

HANDICAP PLACARDS

The COA has applications for **HANDICAP placards** available from the Registry of Motor Vehicles.

Meals on Wheels

Available to eligible seniors by calling Elder Services of Merrimack Valley at 1-800-892-0890.

Congregate Meals

The COA Meal Site offers nutritious lunches Monday-Wednesday at 11:30 a.m. Please make reservations by the previous Wed. by calling the COA or in person at the Georgetown Sr. Comm. Ctr.

FOOD AND HEAT RESOURCES

For information & assistance w/state & local resources, contact the COA office at (978) 352-5726.

Visiting Nurse

On the first Wednesday of each month, from 9:30 - 10:30 AM, Pam Lara, RN is available at the Georgetown Sr. Community Center to perform blood pressure checks, etc. The nurse is also available for Trestle Way residents in the Community Building on the first Wednesday of each month @ 12:30 p.m. for blood pressure, weight & diabetic checks.

S.H.I.N.E.

Serving **H**ealth **I**nformation **N**eeds of **E**veryone will help you understand your health insurance concerns. Appointments can be scheduled with SHINE counselor Jerry Goldberg @ Georgetown Sr. Community Center on the first Monday of each month.

EQUIPMENT LENDING PROGRAM

COA has medical equipment (Walkers, Canes, Wheelchairs, Bath Seats, etc.) for long- or short-term lending.

FILE OF LIFE & YELLOW DOT PROGRAMS

Both programs provide a health history document to be used by emergency personnel in case of illness or injury. One is for your home, the other for your car.

HEALTH CARE PROXIES

COA has fact sheets and Health Care Proxy forms available upon request.

THE FILE A handy folder which serves as a summary of record of Financial Information, Investments & Insurance, Legal Documents & Estate Management information.

Updated 12/6/16

Georgetown Council on Aging
51 North Street
Georgetown, MA 01833

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

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

NEXT BOARD MEETING:
Tuesday January 24, 2017

Georgetown Council on Aging:

Director: Colleen Ranshaw-Fiorello

Office: Julie Pasquale, Newsletter

Kirsten Klueber, Outreach

Dave Hall, Van Driver

Jeannine DesJardins, Volunteer

Meal Site Coordinator: Mickie Locke

Board Members:

Jeannine DesJardins, Chair

Caroline Sheehan, Treasurer

Jean Perley, Secretary/Clerk

Sue Clay, Corona Magnier,

Esther Palardy, Diane Prescott,

Nancy Thompson, Ann Stewart

Alternates: Janice Downey, Jill Benas

Town of Georgetown:

Michael Farrell, Town Administrator

David Surface, Board of Selectmen, Chair

Douglas Dawes, Board of Selectmen

Gary Fowler, Board of Selectmen

Steven Sadler, Board of Selectmen

Joe Bonavita, Board of Selectmen

Georgetown COA Webpage is located on the town's official website www.georgetownma.gov.

Council on Aging Mission Statement: The main objectives of the Georgetown Council on Aging are to advocate on behalf of older adults, to identify their needs, to develop and implement services to meet their health, economic, social and cultural needs, to encourage maximum independence and to improve their quality of life.

Inclement Weather Policy: The Georgetown Council on Aging and Senior Center will be open for business in inclement weather unless all Georgetown town offices are closed. If the Georgetown Public Schools are closed, there will be no van rides or NEET rides, and all COA activities/programs will be cancelled. If the Merrimack Valley Nutrition Project is closed, there will be no lunches served at the COA Meal Site located at the Georgetown Senior Community Center.

January 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 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>
2 CLOSED: New Years	3 Pasta/Meatballs/Marinara Sauce, Broccoli, Dinner Roll, Fruit	4 Tomato Soup, Baked Fish, Lemon Rice, Peas, Wheat Bread, Yogurt
9 Turkey Tetrizzini, Pasta, Carrots, Wheat Bread, Orange	10 Stuffed Shells/Meat Sauce, Italian Green Beans, Italian Bread, Pineapple	11 Pot/Ham Soup, Veg Frittata/Cheese, Rice Pilaf, Veg Blend, Oatmeal Bread, Grahams/Dinos
16 CLOSED: MLK Day	17 Chix Drumstick/Sweet-Sour Sauce, Rice, Asian Blend Veg, NG Bread, Pears	18 Chix/Rice Soup, Cheeseburger/Roll, Roast Pot, Beets, Orange
23 LS Hot Dog/Roll, Pork Baked Beans, Pot Chips, Pineapple	24 Beef Burgundy/Onions/Mushrooms/Noodles, Carrots & Cauliflower, Italian Bread, Pudding	25 Veg Soup, Herb Roast Chix, Mashed Pot, Green Beans, Wh Wh Roll, Fruit Loaf/Grahams
30 Cheese Lasagna/Meat Sauce, Sautéed Spinach, Italian Bread, Chef's Choice Dessert	31 Greek Chix, Orzo Pilaf, Zucchini, Dinner Roll, Mandarin Oranges, Birthday Cake/Ice Cream	

How to Brew a Perfect Cup of Tea

January is Hot Tea Month. Sit back and relax with a cup of your favorite black, herbal, red, green or white tea.

Use fresh, cold filtered, spring or bottled water for the best taste. Heat to a rolling boil. (For white/green teas, heat to just short of boiling.) Warm the tea pot by swirling around a splash of steamy water and pour it out. Plan on about 1 tsp. of tea or herbs or 1 teabag per 6 oz. cup. Loose tea should be put into an infuser basket or tea ball in the tea pot. Pour the water over the tea, cover if using a pot, and steep to taste. Different teas have different steeping times. Black teas (loose leaf) can be 3 to 7 minutes; white 2-3 minutes; green 2-4 minutes; red/herb 5-7 minutes. Tea bags are generally less than loose leaf. Experiment and discover what is best for you. Do not over steep your tea or it becomes acidic and bitter. Remove the tea bag or infuser & pour into cups. Let cool for a moment. Enjoy! This information on brewing tea was condensed from the website of Republic of Tea. (Note: Tea of Republic has a wonderful Blackberry Sage tea that comes loose or in tea bags. One of my favorites! -JP)

JANUARY VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 CLOSED: New Years	3 No Shopping Van- Brown Bag 11:30 Lunch 12:30 Strength Training	4 9:30 Yoga 9:30 Visiting Nurse 11:30 Lunch	5 9:30 Mens' Breakfast 9:30 VAN: Walmart/SalemNH 10:45 Strength Training
9 NO SHINE this month 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	10 Van: Riverside/Haverhill 11:30 Lunch 12:30 Strength Training 2:00-3:00 Walking Club	11 9:30 Yoga 11:30 Lunch	12 10:30 VAN: North Shore Mall 10:45 Strength Training 2:00-3:00 Walking Club
16 CLOSED: MLK Day	17 9:30 Van: Rowley 10:00 Consumer Affairs Prog. 11-12 Sen. Tarr Office Hrs. 11-12 Rep. Mirra Office Hrs. 11:30 Lunch 12:30 Strength Training 2:00-3:00 Walking Club	18 9:30 Yoga 11:30 Lunch	19 10:30 VAN: Seabrook, NH 10:45 Strength Training 2:00-3:00 Walking Club
23 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	24 9:30 Van: Plaistow, NH 10:00 Free Legal Help by appt 11:30 Lunch 12:00 COA Board Meeting 12:30 Strength Training 2:00-3:00 Walking Club	25 9:30 Yoga 11:30 Lunch	26 10:30 VAN: Westgate/Hav. 10:45 Strength Training 2:00-3:00 Walking Club
30 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	31 9:30 Van: Newburyport 11:30 Birthday Lunch 12:30 Strength Training 2:00-3:00 Walking Club	Feb. 1 9:30 Yoga 9:30 Visiting Nurse 11:30 Lunch	Feb. 2 9:30 Mens' Breakfast 9:30 VAN: Walmart/SalemNH 10:45 Strength Training 2:00-3:00 Walking Club

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.