



A FEW GRAY HAIRS



A Newsletter of the Georgetown Council on Aging

Vol. 17/Iss. 9

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Director's Notes... Although this winter has certainly been kinder than last winter, we are already glad to see signs of spring! We have gained an hour of sunlight per day and taps have been spotted in other backyard maple sugar bushes. Cardinals and juncos have been visiting the birdfeeders and skunks have used warmer evenings for some grocery shopping at the compost heap. And for the baseball fans in our lives, can there be a surer sign of spring than the Red Sox's equipment truck departure from Fenway Park for spring training in Fort Myers? Growing up in Ontario, the return of red-winged blackbirds to the Ottawa Valley told us that better days would soon be here. As the snow began to melt, creeks and brooks began to run through the woods and into the meadows enticing young boys and girls to dig in the cold muck. Small field stone dams would be built in an afternoon of play and contests were held to see how deep you could wade into the resulting pool before the water gushed over the tops of your rubber galoshes. Sometimes the excavation of mud and stone in a ponded area might unearth a salamander or two from their sleep in mucky beds. Usually the salamanders were just released back into the brook, but one or two might go home for show and tell at dinner. I clearly remember the afternoon in fourth grade when one of my friends came back to school after lunch with several salamanders in his pocket. The pocket sprung a hole and all at once the salamanders ran down his pant leg and escaped onto the floor between our desks. Accompanied by shrieks and laughter, most of my classmates quickly sprawled across the floor attempting to capture the little runaways. Eventually, order was restored and the little amphibians were escorted from our classroom and released in the meadow next to the school. If a pocket full of salamanders is not available to brighten your day, may this spring bring beautiful bouquets of tulips and daffodils instead! Come soon, Spring!



Family Caregiver Support Services Program

As a state-wide Aging Services Access Point (ASAP), Elder Services of Merrimack Valley (ESMV) has a Family Caregiver Support Specialist which provides support to family caregivers caring for older adults -- or adults of any age living with Alzheimer's -- and grandparents (55+) caring for grandchildren. The Family Caregiver Support Specialist focuses on caregiver needs through one-on-one counseling, in-home assessments and referrals to in-home and other respite services. For information on the Family Caregiver Support Program, please call ESMV at 800-892-0890.

Prescription Drug Costs Too High?

Look into the **Extra Help** program from the Social Security Administration! You may be eligible to apply for **Extra Help** in meeting prescription drug costs... and you can be a homeowner and still *potentially* qualify for this program.

Extra Help	Monthly Income Limit	Asset Limit
Individual	\$1,491/month	\$13,640
Couple	\$2,011	\$27,250

Benefits for 2016 include drug co-pays as low as \$2.95 for generics and \$7.40 for brand name drugs. An **Extra Help** application can be completed anytime during the year. If you want assistance or want to apply, contact the Georgetown COA, 978-352-5726. To apply online visit www.socialsecurity.gov/extrahelp.

Social Security contact information: **1-800-772-1213**.

NOTE: There will be **no lunches** served & **no activities** scheduled at the First Congregational Church **March 21-23** due to Church Easter preparations.

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

March Activities

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



CALL US AT 978-352-5726.



MARCH VAN SCHEDULE 2016

Shopping Date	Location	Recreation Date	Location
Mar. 1	NO VAN – Brown Bag Only	Mar. 3 9:30	Super Walmart/Salem, NH
Mar. 8 9:30	Rowley	Mar. 10 10:30	North Shore Mall/Peabody
Mar. 15 9:30	Newburyport	Mar. 17 10:30	Plaistow, NH
Mar. 22 9:30	Seabrook, NH	Mar. 24 10:30	Mann's Orchard & Target/Methuen
Mar. 29 9:30	Plaistow, NH	Mar. 31 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 **March or April**. Call the COA office for assistance or further information. (978) 352-5726

VISITING NURSE: **Wed. March 2 10 – 11 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. March 3 9:30 a.m.**
Trestle Way

Join us in welcoming speaker **Phil Trapani, Chairman, Georgetown Board of Selectman**. 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. April 7 Speaker: Dave Schofield, Georgetown Electric Dept.



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

Sen. Bruce Tarr:
Tues. 3/15
10:30-11:30 a.m.
Bruce.Tarr@masenate.gov

GRIEF & LOSS WORKSHOP: **Tues. March 8, 10 a.m.**
First Congregational Church **Details pg. 3.**

BYFIELD PARISH LUNCHEON RESUMES:

Tues. March 15, 11:45 a.m. Contact the church for more info or to make reservations. 978-352-2022

TRIAD SCAM PROGRAM: **Thurs. March 17, 1 p.m.**
Trestle Way Community Room **Details pg. 3.**



MARCH BIRTHDAY CELEBRATION:

Tues. March 29, 11:30 a.m. **First Congregational Church**
Help us send best wishes to our friends who were born in March. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 03/22/16 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

FRIENDS OF THE GEORGETOWN COA will meet on **Mon. March 21 at 2 p.m.** at Georgetown Peabody Library.

Free Legal Help offered by Atty. Elaine Dalton

Tues. March 22, 10 a.m. at TOWN HALL, 2ND FL
(Location change for March only)



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

Yoga Class Changes for March ONLY:

Mon. March 21 will meet at Perley School Library.

Wed. March 23 will meet at Perley School Gym.

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	9:00 a.m.
Strength Training	Tuesdays	12:30 p.m.
	Thursday	10:45 a.m.

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.

Grief & Loss Workshop



Presented by
Mary Crowe, Care Dimensions
Tues. March 8 at 10 a.m.
First Congregational Church

Topics will include:

- ☆ identifying various types of loss
- ☆ how people grieve
- ☆ ways to support those who are grieving.

For information or to register, call the COA at 978-352-5726.

Coming in April:

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.

Beware the Blarney!



Scam Awareness Program

Presented by Georgetown & Beverly Police Depts.
Sponsored by TRIAD.

Thurs. March 17, 1 p.m. at Trestle Way

St. Patrick's Day themed refreshments will be served.
To assist with planning, please call the COA at 978-352-5726.



MARK YOUR CALENDARS!

AARP Tax Prep Assistance Available

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

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.**

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.

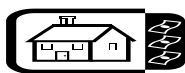
Information regarding tax preparation and the criteria for Massachusetts Circuit Breaker tax program is also available at the Council on Aging office.

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 **\$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. For more information, call the COA at (978) 352-5726.

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. In addition to the money that is used to fund scholarships for Georgetown graduates & alumnae, the Trustees oversee a small endowment to aid Georgetown residents facing financial hardships. Individuals who may need assistance with heating costs, including oil, gas or firewood, can call the COA at (978) 352-5726 for information & referral.

Caregiver Support Group

@ 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

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. **Information regarding tax preparation and the criteria for the state's Circuit Breaker Tax Credit is available at the COA office.**

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Georgetown Peabody Library's New Website

The **Georgetown Peabody Library** has launched a new and improved website at **www.georgetownpl.org**. The dramatically redesigned site, which takes into account feedback from town residents and hundreds of hours of Library staff work, embodies the Library's forward-thinking vision and commitment to the growing needs of its patrons. The site's homepage welcomes visitors with bold new colors, a clean uncluttered design, and moving images which features content centered on the Library's connection to community events and lifelong learning. To improve on the past website, the Library has integrated many new features including a new event calendar, more pages with better content, and many opportunities to interact with Georgetown residents. The Library will also implement an e-newsletter for patrons to sign up for to stay up-to-date on upcoming events at the Library.

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.

Presort Standard
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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 March 22, 2016

At Town Hall, 2nd fl. For March only

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.

March 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 Peach Glazed Chix, Scalloped Pot, Broccoli & Cauliflower, WW Roll, Diced Pears	2 Oriental Pork/Soy Ginger Sauce, Rice, Asian Blend Veg, WW Bread, Fresh Fruit
7 LS Hot Dog/WW Roll, Beans, Mixed Veg, Strawberries	8 Meatloaf/Gravy, Mashed Pot, Mixed Veggies, Oatmeal Bread, Mixed Fruit	9 BBQ Chix, Mashed Red Bliss Pot, Green Beans/Corn, WW Roll, Fruit Loaf
14 Chix Marsala, Seasoned Roast Pot, Green Beans, Roll, Diced Pears	15 Byfield Parish Luncheon	16 Potato Pollock Fillet, Broccoli & Cauliflower, Rice Pilaf, Nat. Grain Bread, Choc. Chip Cookie
21	22	23
No Lunches March 21-23. Congregational Church closed due to Easter Preparations.		
28 Salmon/Dill Sauce, Veg Brown Rice, Brussel Sprouts, Honey Wheat Roll, Lemon Pudding	29 Penne Pasta/Meatballs/Sauce, Peas/Carrots, Nat. Grain Bread, Diced Pears, Birthday Cake	30 Chix/Lemon Sauce, Brown Rice, Green Beans, WW Roll, Mixed Fruit

Celebrate National Pecan Day on March 25 with Pecan Clusters Treats

Preheat oven to 300°. Toss 3 c. coarsely chopped pecans w/ 3 Tbsp. melted butter; spread in a 15- x 10-inch jelly-roll pan. Bake 30 minutes, stirring every 10 minutes. Microwave 6 (2-oz.) chocolate candy coating squares in a 1-qt. microwave-safe glass bowl at MEDIUM (50% power) 2 to 3 minutes or until melted. Stir in pecans and 1 1/2 cups chopped chocolate-coated caramels (i.e., Rolos). Drop by Tbsp. onto wax paper; let stand 30 minutes or until chocolate hardens.

MARCH VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 No Shopping Van– Brown Bag 11:30 Lunch 12:30 Strength Training	2 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch 3:30-5 Walking Club	3 9:30 Mens' Breakfast/TW 9:30 VAN: Walmart/Salem NH 10:45 Strength Training *Tax Prep By Appointment*
7 NO SHINE THIS MONTH 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30-5 Walking Club	8 9:30 Van: Rowley 10:00 Grief/Loss Workshop 11:30 Lunch 12:30 Strength Training	9 9:00 Yoga 11:30 Lunch 3:30-5 Walking Club	10 10:30 VAN: No. Shore Mall 10:45 Strength Training *Tax Prep By Appointment*
14 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30-5 Walking Club	15 9:30 Van: Newburyport 10:30-11:30 Sen. Tarr Off. Hr. 11:45 Byfield Parish Lunch 12:30 Strength Training	16 9:00 Yoga 11:30 Lunch 3:30-5 Walking Club	17 10:30 VAN: Plaistow, NH 10:45 Strength Training 1:00 TRIAD/Scam Program @TW *Tax Prep By Appointment*
21 10:30 Yoga @ Perley School -Library (Today only) 2:00 Friends of COA/Library 3:30-5 Walking Club	22 9:30 Van: Seabrook, NH 10:00 Free Legal Help by appt (@Town Hall) 12:00 COA Board Meeting (@Town Hall) 12:30 Strength Training	23 9:00 Yoga @ Perley School -Gym (Today only) 11:30 Lunch 3:30-5 Walking Club	24 10:30 VAN: Mann's Orchard & Target/Methuen 10:45 Strength Training *Tax Prep By Appointment*
No lunches/activities at the First Congregational Church this week. – Closed for Easter Prep.			
28 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30-5 Walking Club	29 9:30 Van: Plaistow, NH 11:30 Birthday Lunch 12:30 Strength Training	30 9:00 Yoga 11:30 Lunch 3:30-5 Walking Club	31 9:30 VAN: Haverhill 10:45 Strength Training *Tax Prep By Appointment*

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.