



A FEW GRAY HAIRS



A Newsletter of the Georgetown Council on Aging

Vol. 17/Iss. 11

May 2016

Email: cfiorello@georgetownma.gov

Website: www.georgetownma.gov

Director's Notes... Since I was a young girl, hiking and long walks in the woods have been favorite activities. At our summer cottage on the Ottawa River, I used scrap paper to carefully map out trails and paths in the woods that were created by my friends and me. Illustrated in crayon, I noted the number of steps needed to take between idyllic landmarks such as "Sandy Beach" and "Boom Log Bench." Water routes along the banks of the river were also noted. Little did we know that we were blazing trails that we would continue to follow for years and later share with our own children. Sometimes the paths were not apparent as we bushwhacked our way through the brush but we knew that if we kept the river to our right, we'd find our way home again! The theme of this year's Older Americans Month, many of us have enjoyed as a result of generation. We have benefited from the our lives and continue to appreciate the blazing gifts and experiences. The federal recognizes the contributions that older through community and volunteer work. In Georgetown, it is clear the paths blazing by older Americans provide a road map for younger generations to follow. Trail markers along the many paths in Georgetown include beacons of wisdom, kindness and community spirit. By serving on boards and committees, volunteering to drive elders, tend gardens, fold newsletters, sew dolls, and bake for special events, older members of our community continue to offer their friendship and support to others. This month's national observation allows us to express our appreciation and gratitude. Join us on Monday May 16 at 1 p.m., as we celebrate Older Americans Month with a performance by the Music Masters and refreshments at the First Congregational Church.



Georgetown Senior Community Center Project Update

As voters head to a Special Town Meeting and the Annual Town Meeting on Monday May 2, they will be asked to consider two special articles needed to fund the remaining construction work at the new Georgetown Senior Community Center. At the Special Town Meeting that will be held before the Annual Town Meeting, voters will be asked to approve \$50,000 from the Town's Stabilization Account. Following the Special Town Meeting, voters at the Annual Town Meeting will be asked to approve \$125,000 in Community Preservation Funds to complete the renovation work. Carpentry students from the Whittier Regional Vocational Technical High School recently began demolition and steel framing in two of the five classrooms that will be repurposed at the Perley School as the new Senior Community Center. General Contractor Ambient Temperature Corp. of Newburyport will coordinate the construction. The new Senior Center will include space for administrative offices, reception, large and small group activities as well as confidential meeting areas. The COA will share use of the cafeteria, kitchen & gymnasium with the Georgetown School Department. By moving all of the COA's 30 programs & services to one location, the COA will gain efficiency & effectiveness in serving local elders & their families both now and into the future. The COA is grateful for the Town's support and looks forward to all of the future possibilities the new Senior Center will bring to all!

Annual Town Meeting

Monday, May 2, 2016

7 p.m. at GMHS



Annual Town Election

Monday, May 9, 2016

8 a.m. - 8 p.m.

Penn Brook School



We're on our way thanks to Carpentry students from the Whittier Regional Vocational Technical High School!

The COA and all activities will be closed on Mon. May 30 for Memorial Day.

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

May Activities

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



CALL US AT 978-352-5726.



M A Y V A N S C H E D U L E 2 0 1 6

Shopping Date	Location	Recreation Date	Location
May 3	NO VAN – Brown Bag Only	May 5 9:30	Super Walmart/Salem, NH
May 10 9:30	Riverside Plaza/Haverhill	May 12 10:30	Poets' Inn/Haverhill
May 17 9:30	Seabrook, NH	May 19 10:30	North Shore Mall/Peabody
May 24 9:30	Plaistow, NH	May 26 10:30	Haverhill
May 31 9:30	Newburyport	Jun 2 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. May 9, 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: Monday May 9, 9:30-10:30 a.m.
First Congregational Church (Day change for May only.) 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. May 5 9:30 a.m.
Trestle Way

Join us in welcoming local historian, Rev. Bill Boylan. 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: Celebrate Fathers' Day Thurs. June 2
Speaker: Dave Schofield, Light Dept.



Special Van Trip to Poet's Inn Thursday May 12

Join us for a van trip to enjoy lunch at the **Whittier Regional Technical High School's well-known Poets' Inn Restaurant.** The Poets' Inn is a full-service restaurant which provides "real-world" experience to the school's Culinary Arts students. **The van will begin to pick people up at 10:30 a.m. Seating is limited.** For van reservations, please call the COA at 978-352-5726.

MOTHER'S DAY TEA: Tues. May 10, 9:30 a.m.
First Congregational Church Details pg. 3

MUSIC MASTERS: Mon. May 16, 1 p.m.
First Congregational Church Details pg. 3

BYFIELD PARISH LUNCHEON:
Tues. May 17, 11:45 a.m. Contact the church for more info or to make reservations. 978-352-2022

SHIFTING GEARS: Tues. May 24, 10 a.m.
First Congregational Church Details pg. 3

 **MAY BIRTHDAY CELEBRATION:**
Tues. May 31, 11:30 a.m. **First Congregational Church**
Help us send best wishes to our friends who were born in May. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 5/24/16 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

Free Legal Help offered by Atty. Elaine Dalton

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

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

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. 5/17

10:30-11:30 a.m.

Bruce.Tarr@masenate.gov

Health & Wellness Classes

Yoga classes are held at First Congregational Church.

Strength Training Classes are held at Trestle Way.

Newcomers & beginners welcome.

There is a SUGGESTED DONATION of \$3.00 per class.

Class	Meets on	Time
Yoga (Bring a mat or towel)	Mondays	10:30 a.m.
	Wednesdays	9:00 a.m.
Strength Training	Tuesdays	12:30 p.m.
	Thursday	10:45 a.m.

*Promoting
Healthy
Living*

Walking Club

Meets Mondays & Wednesdays

3:30-5:00 p.m.

At Penn Brook School.

**Participants must pre-register
with the COA.**

978-352-5726

B	I	N	G	O
12	21	38	49	63
Georgetown Senior Center		40	Trestle Way Community Room	
Every Monday at noon	Cost: \$1.00/card covers up to 10 Games	Free Space	1 st & 3 rd Wednesdays each month at 1:00 p.m.	Cost: 50¢ & 75¢ per game.
For more info, call (978) 352-5726		33	Contact: GHA (978) 352-6331	
2	29	45	50	72

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

Music Masters!

Monday, May 16 ~ 1:00 p.m.

First Congregational Church



In honor of Older Americans Month, join us for an hour of song and humor.

- Broadway Melodies
- Comedic Renditions
- Old Time Favorites
- Always Fun! An annual favorite!

Refreshments will be served. Reservations are not required, but to help with planning, please call (978) 352-5726.

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



Mother's Day Breakfast Tea

Tuesday May 10, 9:30 a.m.

First Congregational Church.

Come, celebrate Mother's Day with us!

◇Reminisce with stories and photos

◇Variety of goodies, coffee and tea.

A special gift for everyone.

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

Some Facts About Older Americans:

- Ten thousand Americans turn 65 each day.
- This year marks the first time that... baby boomers will turn 70 years of age.
- In the next 25 years, 1 in 5 Americans will be an older adult.
- It is estimated that by 2033 the number of Americans aged 65 or older will outnumber Americans aged 18 or younger.

Shifting Gears

Rules of the road, defensive & safe driving tips

Presented by

Michele Ellicks,

Outreach Coordinator

Registry of Motor Vehicles

Tues May 24, 10 a.m.

First Congregational Church



Thank You to Our Volunteers & Sponsors Of The Volunteer Appreciation Breakfast

The April Volunteer Appreciation Breakfast gave the Georgetown Council on Aging an opportunity to thank many of our volunteers, but we wish to offer our thanks to all of the volunteers who support our work within the community. We also thank Ashland Farm at North Andover & Nunan's Plants & Greenhouses of Georgetown for their sponsorship of the Volunteer Appreciation Breakfast. By sharing their skills & knowledge, volunteers provide the Georgetown Council on Aging with critical support. Last year, 150 volunteers gave almost 3,000 hours to support the COA, donating more than \$62,550 in hours of service to enhance the lives of elders & strengthen the connections within our community. Our volunteers are exceptional people with extraordinary hearts and an unlimited capacity for kindness. We could not do the work that we do without their care & assistance. We are deeply thankful for their steadfast support & friendship!



State Rep. Lenny Mirra joined the COA in honoring volunteers for their many services to the elderly of Georgetown.

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

Recycling Program

Benefit Friends of the Georgetown COA



As a continuing fundraiser to benefit elder programs with the Georgetown Council on Aging, the Friends of the Council on Aging have partnered with *Ecosmith Recyclers* of New Hampshire to raise money through the collection of used clothes and other goods. Accepting used clothes, shoes and other textiles, a recycling bin is now in place at the Perley School parking lot, 51 North Street in Georgetown. For every pound of items collected and sold, the Friends will receive a percentage of the sales. The 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. Next meeting: **Tuesday May 17, 1:30 p.m. at the Georgetown Peabody Library.** New members are welcome and invited to join the group.

Health Insurance Fitness Benefit Includes COA Exercise Classes

Several health insurance companies include Fitness benefits for their subscribers. As a health incentive, the fitness benefit can provide up to \$150 per calendar year in either qualified health club membership fees or exercise class fees. Fitness classes including yoga and strength training currently available through the Georgetown Council on Aging (COA) are also eligible for reimbursement. Fitness Benefit forms can be submitted once per calendar year, filed by March 31 of the following year. For more information regarding specific Fitness Benefit opportunities, contact your health insurance company. The COA can provide copies of receipts for classes attended during the year. For further information, call the COA at 978-352-6726.

Coming in June:

June 14 - Home Fire Safety Program

Fire Chief Fred Mitchell, Jr. and members of the Georgetown Fire Department will present a program on home fire safety, focusing on smoke detectors, kitchen safety, storage of materials, fall/slip hazards, and escape plans Tuesday June 14, 10 a.m. at the First Congregational Church.

June 7 – Adult Coloring Returns

Due to its debut popularity, the COA is offering a morning of coloring and relaxation. Supplies will be on hand or feel free to bring your own. Join us at 10 a.m. at the First Congregational Church.

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 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
U. S. Postage

PAID

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

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 May 24, 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

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.

May 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>
2 Baked Fish/Lemon Sauce, Veg Brown Rice, Broccoli, Natural Grain Bread, Rice Pudding	3 American Chop Suey/Parmesan Cheese Green Beans, Italian Scala Bread, Fresh Fruit	4 Spinach & Mushroom Frittata w/ Cheese, O'Brien Pot, Carrots, Oatmeal Bread, Peaches
9 Hamburger/WW Roll, Cheese on the Side, Pot Wedges, Mixed Veg, Mixed Fruit	10 Baked Salmon/Dill Sauce, Brown Rice Pilaf, Brussel Sprouts, Honey Wheat Roll, Sliced Pears	11 BBQ Chicken, Roasted Pot, Creamed Spinach, Biscuit, Chef's choice dessert
16 Oriental Pork/Soy-Ginger Sauce, Rice, Asian Blend Veg, WW Bread, Diced Pineapple	17 Byfield Parish Luncheon	18 Turkey Tetrazzini/mushrooms, Pasta, Peas, WW Dinner Roll, Fresh Fruit
23 Pasta Primavera/Chicken, Sautéed spinach, Italian Scala Bread, Sliced Peaches	24 Yankee Pot Roast/Jardinière Gravy, Green Beans, Mashed Sweet Pot, Dinner Roll, Pudding	25 LS Hot Dog/WW Roll, LS Beans, Chef's Choice Veg, Mandarin oranges
30 CLOSED: Memorial Day	31 Chicken Salad/Bun, Pot Salad, Cucumber & Tomato Salad, Cookie, Birthday Cake	



Celebrate Cinco de Mayo



Basic Fresh Salsa (serves 3-5)

In a small bowl, combine: 2 medium tomatoes, diced * ½ small onion, diced * 2 garlic cloves, minced * 1 -2 Tbs. cilantro Salt, Pepper & Garlic powder to taste. Stir with a spoon, mash slightly & let sit for a while. Create your own versions by adding Chiles * Black Beans * Lime Juice * Mango/Pineapple * Avocado and/or Parsley or anything else to your liking! Enjoy with chips or add to other dishes!

MAY VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30-5 Walking Club 7:00 Town Meeting/GMHS	3 No Shopping Van— Brown Bag 11:30 Lunch 12:30 Strength Training	4 9:00 Yoga 11:30 Lunch 3:30-5 Walking Club	5 9:30 Mens' Breakfast/TW 9:30 VAN: Walmart/Salem NH 10:45 Strength Training
9 8-8 Town Elections/PBS 9:00 SHINE (Appts. Only) 9:30 Visiting Nurse- May only 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo NO Walking Club Today	10 9:30 Van: Riverside Plaza 9:30 Mothers' Day Tea 11:30 Lunch 12:30 Strength Training	11 9:00 Yoga 11:30 Lunch 3:30-5 Walking Club	12 10:30 VAN: Poets' Inn 10:45 Strength Training
16 9:30 Dolls 10:30 Yoga 11:30 Lunch 1:00 Music Masters Concert NO Bingo Today 3:30-5 Walking Club	17 9:30 Van: Seabrook, NH 10:30-11:30 Sen. Tarr Off. Hr. 11:45 Byfield Parish Lunch 12:30 Strength Training 1:30 Friends of COA/Library	18 9:00 Yoga 11:30 Lunch 3:30-5 Walking Club	19 10:30 VAN: North Shore Mall 10:45 Strength Training
23 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30-5 Walking Club	24 9:30 Van: Plaistow, NH 10:00 Shifting Gears Program 10:00 Free Legal Help by appt 11:30 Lunch 12:00 COA Board Meeting 12:30 Strength Training	25 9:00 Yoga 11:30 Lunch 3:30-5 Walking Club	26 10:30 VAN: Haverhill 10:45 Strength Training
30 CLOSED: Memorial Day	31 9:30 Van: Newburyport 11:30 Birthday Lunch 12:30 Strength Training	June 1 9:00 Yoga 9:30 Visiting Nurse 11:30 Lunch 3:30-5 Walking Club	June 2 9:30 Mens' Breakfast/TW 9:30 VAN: Walmart/Salem NH 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.