



A FEW GRAY HAIRS



A Newsletter of the Georgetown Council on Aging

Vol. 18/Iss. 5

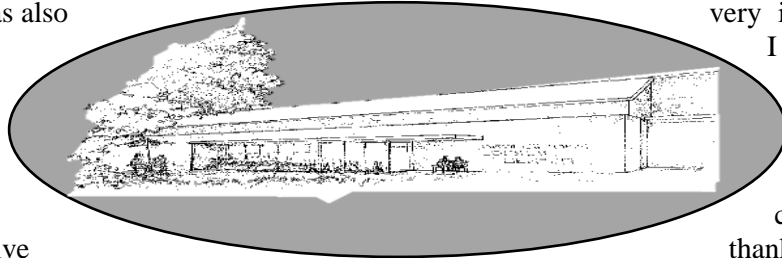
November 2016

Email: cfiorello@georgetownma.gov

Website: www.georgetownma.gov

Director's Notes... As the leaves change color and doorways are draped with cornstalks and pumpkins, I begin to look forward to Thanksgiving. As a young girl in Ontario, I was very interested in the traditions that went along with the American holiday. Falling in October, the Canadian Thanksgiving celebrates the harvest with churches decorated and families gathered to give thanks for the bounty of the year. It seemed far more low-key to a young girl than the American version of the holiday. I remember watching the Macy's Thanksgiving Day Parade on our first TV. Those fabulous balloons sailing over the crowds lining the streets of Manhattan were just amazing even in black and white. The story of the Pilgrims' arrival in the New World and their first Thanksgiving was also

very interesting to a young girl. Although there are differences, I realized that the two celebrations share common elements. In addition to the turkey, which takes center stage on dining room tables in both countries, I realized that it was the people who gathered around the table who made the day a celebration. Across both countries, people in communities join together to give thanks and share their gifts with others.



Families and communities are at the center of both holidays. Coinciding with this year's holiday, the completion of the Georgetown Senior Community Center is truly a Thanksgiving. People across our community have joined together to share their care and support for the building project. As a reflection of this community's values, the new Senior Center has been built with assistance from a variety of town departments and community groups. The end of this month should mark the end of the project's construction. The move to the new facility will be scheduled in December. In celebration of the new Senior Center, we hope to plan an afternoon of holiday desserts for all to enjoy in our new home. A larger open house will be scheduled as we finish unpacking and locate our desks! With much to be thankful for, we look forward with gratitude to all of the possibilities that the Georgetown Senior Community Center will bring to the community.



Annual Flu Clinic

Wed. Nov. 2 9:30 - 11 a.m.
First Congregational Church



Medicare Open Enrollment Now thru Dec. 7

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2017: *it is important to review, understand and save this information!*

During Medicare Open Enrollment, from now to December 7th, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. To make your appointment or learn more about how SHINE can help, call the Georgetown COA at 978-352-5726!

- Pre-registration **IS NOT** required for the clinic.
- **Priority is given** to individuals 65 years & older & those with medical conditions that may put them at risk for complications of the flu.
- Individuals over 19 years may come to the clinic at 10:30 a.m.
- **Please bring Medicare and/or Senior HMO cards to the clinic.** Please bring a **photocopy of the cards** in order to ease the process. The COA can photocopy Medicare/HMO cards **in advance** of the clinic.
- **Please wear a sleeveless or loose fitting short-sleeved shirt.**
- The flu vaccine is provided by the Massachusetts Immunization Program.
- The Flu Clinic is sponsored by the COA & the Georgetown Board of Health.
- For further information, please call the COA at (978) 352-5726.

The COA and all activities will be closed on Thursday, November 24 for Thanksgiving.

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

November Activities

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



CALL US AT 978-352-5726.



NOVEMBER VAN SCHEDULE 2016

Shopping Date	Location	Recreation Date	Location
Nov. 1 12 – 1 p.m.	NO VAN – Brown Bag Only Special Van to Town Clerk/Early Voting	Nov. 3 9:30	Super Walmart/Salem, NH
Nov. 8 9:30 12 – 1 p.m.	Newburyport Special Van to Polls	Nov. 10 10:30	Mann's Orchard/Methuen
Nov. 15 9:30	Seabrook, NH	Nov. 17 10:30	North Shore Mall/Peabody
Nov. 22 9:30	Plaistow, NH	Nov. 24	NO VAN – Thanksgiving Day
Nov. 29 9:30	Riverside Plaza, Haverhill	Dec. 1 9:30	Super Walmart/Salem, NH

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

VISITING NURSE: Due to the scheduled Nov. 2 Flu Shot Clinic, Public Health Nurse Pam Lara will **NOT** be available this month to provide regular monthly health check-ups. Barbara Muse, R.N., a visiting nurse, is also available for Trestle Way residents in their Community Building on the first Wed. of each month from 12-2 p.m.

MEN'S BREAKFAST: Thurs. Nov. 3, 9:30 a.m.
Trestle Way

Join us in welcoming Karen Tyler, Veterans' Service Officer as our guest speaker. With great appreciation, the COA thanks Crosby's Markets for their sponsorship & the Georgetown Housing Authority for their partnership in offering the monthly program. **To make reservations, call 978-352-5726. Next breakfast: December 1**

SHINE OFFICE HOURS: Mon. Nov. 14, 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.

Local Legislators' Office Hours

The following legislators, or their representatives, will be on hand at **Town Hall** 2nd Floor Conference Room to meet with constituents to answer questions, hear comments or provide assistance. The public is welcome. For more information, contact the COA at 978-352-5726.

Rep. Lenny Mirra: Sen. Bruce Tarr:
For Date/Time Tues. Nov. 15
Call: (617) 722-2130 10:30-11:30 a.m.
Leonard.Mirra@MAhouse.gov **Bruce.Tarr@masenate.gov**

SIMONS & GOODWIN CONCERT: Tues. Nov. 8, 10 a.m.
First Congregational Church Details pg. 3

BYFIELD PARISH SENIOR LUNCHEON:
Tues., Nov. 15, 11:45 a.m.

Call the church if you plan to attend. 978-352-2022.

KIWANIS THANKSGIVING DINNER: Sat. Nov. 19, 2 p.m.
Penn Brook School Details pg. 3

NOV. BIRTHDAY CELEBRATION:

Tues. Nov. 29, 11:30 a.m. First Congregational Church
Help us send best wishes to our friends who were born in November. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 11/23/16 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

FRIENDS OF THE GEORGETOWN COA meetings...

The November meeting (11/15) is scheduled for the **third** Tuesday because of the election. There is no December meeting due to winter hiatus. Meetings are held at the Georgetown Peabody Library. The public is welcome.

Free Legal Help offered by Atty. Elaine Dalton

**No Appointments
in November or December**



➡➡➡ Looking Ahead ➡➡➡

Tues. Dec. 13 Holiday Safety
10 a.m. Georgetown Electric Dept.
First Congregational Church

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*

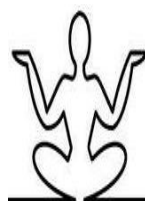
Class	Meets on	Time
Yoga (Bring a mat or towel)	Mondays	10:30 a.m.
	Wednesdays	9:30 a.m.
Strength Training	Tuesdays	12:30 p.m.
	Thursday	10:45 a.m.

Walking Club

Is on hiatus until after
our move to the new
building.
Watch for details.

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.



YOGA CLASS SITE CHANGE

Wed. Nov. 2 (only) ~ Yoga class will meet at Perley School Gym.

Reminder: Wednesday Yoga classes now meet at 9:30 a.m.

Bob Simons & Renee Goodwin



Seasonal Concert

Tues. Nov. 8, 10 a.m.

First Congregational Church

- ☆ Folk Duo
- ☆ Harmonies
- ☆ Finger-style Guitar
- ☆ Featuring Seasonal Music
- ☆ Light refreshments will be served

To assist with planning, please call the COA at (978) 352-5726.



This program is supported in part by a grant from the Georgetown Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

It's that time of year again! Come and enjoy the
Annual Kiwanis Thanksgiving Dinner
Sat. November 19, 2 p.m.

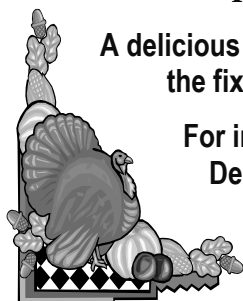
Penn Brook School

A delicious Thanksgiving Dinner with all
the fixings, music and raffles!



For information or requests for home-Delivered meals, call the COA before
Nov. 16th.

(978) 352-5726



★Don't Forget To Vote!★

Tues. November 8, 2014 ~ 7 a.m. to 8 p.m.

Penn Brook School

Special Van Service for Voting

Available 12– 1 p.m. on:

Tues. Nov. 1 Early Voting/Town Clerk's Office

Tues. Nov. 8 Election Day/Ride to the Polls

To make reservations, call (978) 352-5726

Fall Special Town Meeting:

Monday, November 14

7 p.m.

Georgetown Middle High School



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

Lock Box & Smoke Detector Programs ***Still Available***

Funded with a state Senior Safe grant, **the Georgetown Fire Dept. and COA** will work together to offer two important safety programs free to elders in the community. Both programs include free installation by the GFD. **Lock Boxes:** Small boxes that can be hung over a main door or surface mounted providing a secure place for an elder's house key. The Fire Department will maintain a universal key to lock boxes in the community easing access for first responders during an emergency. Elders living alone or without local support systems will be given priority for the program. **Battery-Operated Smoke Detectors:** Elders living in homes built before 1975 will be given priority for the program. The Fire Department hopes to continue both programs with future grant funding. For information and referrals to the program, please call the COA at 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.

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.

Helping our Veterans

Based on income & assets, Chapter 115 of Mass. General Laws allows qualifying veterans and their dependents to receive necessary financial assistance for food, shelter, clothing, fuel and medical care. Eligible dependents of deceased veterans are provided with the same benefits as if the veteran were still living. Applications are available from your local Veterans' Service Officer (VSO). Georgetown residents should contact VSO Karen Tyler, 25 Green Street, Ipswich, MA 01938; (978) 356-3915 or email at www.eessexvets.com.

**Pressing
Onward!**



The new front door and window were installed at the Senior Center in October. This is the view looking out towards North Street.

Council on Aging Services

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

TRANSPORTATION/SHOPPING:

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

TRANSPORTATION/MEDICAL:

Northern Essex Elder Transport, Inc.

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

RING & RIDE: Medical, Shopping & General Purpose Transportation & Medi-Ride

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

HANDICAP PLACARDS

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

Meals on Wheels

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

Congregate Meals

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

FOOD AND HEAT RESOURCES

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

Visiting Nurse

On the first Wednesday of each month, from 9:30 - 10:30 AM, Pam Lara, RN is available at the COA Meal Site to perform Blood Pressure checks, etc. Trestle Way residents July also visit with the nurse in the Community Building on the first Wednesday of each month, noon-2:00 PM.

S.H.I.N.E.

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

EQUIPMENT LENDING PROGRAM

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

FILE OF LIFE & YELLOW DOT PROGRAMS

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

HEALTH CARE PROXIES

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

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

Updated 2/8/16

Georgetown Council on Aging
Memorial Town Hall
1 Library Street
Georgetown, MA 01833

Return Service Requested

We strive to keep our mailing list up-to-date. Please let us know if you would prefer not to receive the newsletter or if the addressee is no longer at this address.

Presort Standard
U. S. Postage

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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

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 November 22, 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 Magner,

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 First Congregational Church.

November 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 Baked Fish, Roast Sweet Pot, Mixed Veg, Wheat Bread, Yogurt	2 Soup, Lemon Pepper Chix, Brown Rice, Peas, Honey Wheat Roll, Sliced pears
7 Sweet/Sour Chix Drumstick, Rice, Asian Blend, Natural Grain Bread, Fresh Fruit	8 Alfredo Lasagna, Zucchini, Diet Gelatin, Italian Bread	9 Soup, Hamburger/Cheese/Roll, Pot Wedges, Carrots, Mandarin Oranges
14 LS Hot Dog/Roll, Pork Baked Beans, Chef's Choice Veg, Fresh Fruit	15 Byfield Parish Luncheon	16 Soup, Veg/Cheese Frittata, Veg Orzo, Peas, Sliced Peaches, Natural Grain Bread
21 Baked Chix/Gravy, Rice Pilaf, Corn/Red Peppers, Natural Grain Bread, Cookie/Grahams	22 Baked Ham/Raisin Sauce, Mashed Pot, Carrots, Roll, Pineapple	23 Soup, Pasta/Meatballs/Marinara, Zucchini, Mandarin Oranges, Italian Bread
28 Sliced Pork/Gravy, Butternut Squash, Rice Pilaf, Wheat Bread, Applesauce	29 Shephard's Pie: Ground Beef/Gravy, Mashed Pot/Corn, Italian Bread, Fresh Fruit	30 Soup, Chix Cordon Blue, Roast Pot, Peas, Wh Wh Roll, Mixed Fruit

Whoooooo can resist an **Owl-Shaped Veggie Platter**? Great for holiday parties or Thanksgiving

You will need: Baby Carrots, Sliced Yellow Peppers, 2 slices of green pepper, Grape tomatoes, Sliced Cucumber, 2 small containers of dip.

Arrange Veggies on a tray: Layer sliced cukes to form the body. Pile Grape Tomatoes along each side of cukes and yellow peppers on the outside to form wings. A few baby carrots form the feet and the rest are arranged around the dip bowls to form eyes; a grape tomato in each dip for pupils. Finally, two green pepper slices — one above each eye form the ears and a yellow pepper slice for the beak. (See picture for reference.)



NOVEMBER VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 No Shopping Van– Brown Bag 11:30 Lunch 12:30 Strength Training 12-1:00 Special Van to Town Clerk/Early Voting	2 9:30 Annual Flu Shot Clinic 9:30 Yoga (Meets at Perley Gym TODAY ONLY) 11:30 Lunch	3 9:30 Mens' Breakfast 9:30 VAN: Walmart/SalemNH 10:45 Strength Training
7 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	8 7a-8p Elections/P'Brk Sch. 9:30 Van: Newburyport 10:00 Simon & Goodwin Concert 11:30 Lunch 12:30 Strength Training 12-1:00 Special Van to Polls	9 9:30 Yoga 11:30 Lunch	10 10:30 VAN: Mann's Orchard 10:45 Strength Training
14 9:00 SHINE (Appts. Only) 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 7 p.m. Town Mtg./GMHS	15 9:30 Van: Seabrook, NH 10:30-11:30 Sen. Tarr Off. Hr. 11:45 Byfield Parish Lunch 12:30 Strength Training 2:00 COA Friends/Library	16 9:30 Yoga 11:30 Lunch	17 10:30 VAN: No. Shore Mall 10:45 Strength Training
21 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	22 9:30 Van: Plaistow, NH 11:30 Lunch 12:00 COA Board Meeting 12:30 Strength Training	23 9:30 Yoga 11:30 Lunch	24 CLOSED: Thanksgiving
28 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	29 9:30 Van: Riverside/Hav'l 11:30 Birthday Lunch 12:30 Strength Training	30 9:30 Yoga 11:30 Lunch	12/1 9:30 Mens' Breakfast 9:30 VAN: Walmart/SalemNH 10:45 Strength Training Fri. 12/2 GMHS Concert/Breakfast 8:15 Breakfast ~ 9:00 Concert

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.