



A FEW GRAY HAIRS

International



Month

A Newsletter of the Georgetown Council on Aging

Vol. 18/Iss. 3

September 2016

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Director's Notes... Although there is still plenty of summer left to enjoy, the approach of fall seems to pick up speed as soon as the calendar is turned to August! During my childhood, the Central Canada Exhibition or the Ottawa "Ex", took place in mid-August & always seemed to signal the end of summer. During those years, the Ex was still an agricultural fair & I enjoyed visiting the exhibition barns filled with various sheep, cattle, rabbits, chickens & ducks. Of course we always looked forward to a day spent at the mid-way riding the tilt-a-whirl, roller coaster, carousels & double-Ferris wheel. Growing up here, it was the last weekend of Yankee Homecoming that seemed to signal the end of the summer for our daughters. We'd plan a fun picnic for Saturday's fireworks at the waterfront park & then stake out seats on High Street for Sunday's parade, but the pending start of school was never too far from their minds! They felt that the end of care-free summer days was in sight & the return to school & fall routines was just around the corner! But the approaching return to school also brought excitement with back-to-school shopping trips & the anticipation of new classrooms, friendships & fall activities. As September arrives this year, we are excited about the imminent completion of the Georgetown Senior Community Center. It won't be long until the former classrooms at the wing of the Perley School resound with the voices people arriving for classes, programs & activities with the Council on Aging. The anticipation of going "back to school" in our new space is very welcome for all! But before the big move, our September & October calendar is filled with fall activities. Drop by the COA meal & activity site at the First Congregational Church for coffee & a game of cards or a yoga class visit or visit a strength training class at Trestle Way. Join us as we celebrate National Senior Center week at the First Congregational Church with a CharlieCard Event on Tuesday Sept. 13 & be sure to mark your calendars for Tuesday September 20 when Delvena Theater returns with a special tea & performance of *Laugh with the Ladies!* Plenty of fun & music & delicious food will all be on hand when Russ McQueen returns on Tuesday October 11 at the First Congregational Church. Following Russ's performance, a special autumn lunch will be served by Lindley Caterers with Elder Services of Merrimack Valley. Summer may be coming to an end but there is no end to the fun shared between friends! We look forward to enjoying the fall with you!



Remembering Claire Maimone

It is with great sadness that we share the news of our dear friend Claire's passing in July. We feel so fortunate for the many years of friendship with Claire and grateful for the years of her connection with the Council on Aging.

A board member for many years, Claire served as both Chair and Vice Chair of the COA. Along with faithful support of the COA's mission in the community, she was always willing to lend a hand at COA programs and events and was famous for her delicious anise cookies. A member of the Music Masters she enjoyed performing and entertaining elders at local nursing care facilities, assisted living centers and local Senior Centers. She will be deeply missed and we send our sympathy to her husband Tony, family and friends.

Lock Box & Smoke Detector Programs Available

Funded with a state Senior Safe grant, **the Georgetown Fire Dept. and COA** will work together to offer two important safety programs to elders in the community. Designed to avoid damage when entering a household during an emergency, the Fire Department has a limited supply of Lock Boxes that will be available without cost to local elders. Fire Department staff will also provide free installation. Elders living alone or without local support systems will be given priority for the program. The Lock Boxes are small boxes that can be hung over a main door or surface mounted. The box provides a secure place for an elder's house key. The Fire Department will maintain a universal key to lock boxes in the community. When seconds count, the Lock Boxes ease access for first responders during an emergency. Also funded with the Senior Safe Grant, the Fire Department has several battery operated smoke detectors available without charge to elders in the community. Elders living in homes built before 1975 will be given priority for the program. Fire Department staff will provide free installation. 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.

The COA and all activities will be closed on Monday, September 5 for Labor Day.

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

September Activities

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



CALL US AT 978-352-5726.



S E P T E M B E R V A N S C H E D U L E 2 0 1 6

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

SHINE OFFICE HOURS: Mon. Sept. 12, 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: Wed. Sept. 7, 9:30-10:30 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. Sept. 1, 9:30 a.m.
Trestle Way

Join us in welcoming new **Selectmen Steven Sadler & Joe Bonavita** as our guest speakers. With great appreciation, the COA thanks Crosby's Markets for their sponsorship & the Georgetown Housing Authority for their partnership in offering the monthly program. **See page 6. To make reservations, call 978-352-5726. Next breakfast: Oct. 6** with Rev. Bill Boylan, local historian.

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. Sept. 13**
Call: (617) 722-2130 10:30-11:30 a.m.
Leonard.Mirra@MAhouse.gov **Bruce.Tarr@masenate.gov**

****Dick Curran from Sen. Tarr's Office will present a program on the Charlie Card at the First Congregational Church at this time, but will meet there with anyone who needs to see him.**

CHARLIE CARD PROGRAM:

Tues. Sept. 13, 10:30 a.m.

First Congregational Church

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"LAUGH WITH THE LADIES"/TEA:

Tues. Sept. 20, 10 a.m.

First Congregational Church

Details pg. 3



SEPT. BIRTHDAY CELEBRATION:

Wed. Sept. 28, 11:30 a.m. First Congregational Church

Help us send best wishes to our friends who were born in September. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 9/21/16 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

FRIENDS OF THE GEORGETOWN COA meetings...

Meetings have been changed to the second Tuesday of each month at 2 p.m. The following dates are confirmed for the fall: **9/13, 10/11**, and the November meeting (**11/15**) is the third Tuesday because of the election. There is no December meeting due to winter hiatus. The Friends meet at the Georgetown Peabody Library. The public is welcome.

Free Legal Help offered by Atty. Elaine Dalton

Tues. Sept. 27, 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



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

is on hiatus.
More information on this activity will be available in the fall.

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.

PLEASE NOTE

WEDNESDAY YOGA CLASSES
will resume meeting at 9:00 a.m. at the First Congregational Church.



Delvena Theater presents

"Laugh With The Ladies"



A Performance and Tea

Tues. Sept. 20, 10 a.m.
First Congregational Church



Join us for an entertaining morning tea of light refreshment and a live comedy variety show.

- **The Senior Charlie Card** can be used to receive reduced fares on all MBTA transportation services including buses, the subway, commuter rail line and ferries.
- **Staff members from Senator Tarr's office** will be available to take photos and process Senior Charlie Card applications.
- **Elders must be 65 years or older** to qualify for the Senior Charlie Card.
- **Please bring** a valid, state-issued photo ID that includes your date of birth.

For more information, please call the COA at 978-352-5726.

- A selection of impersonations of female comedians from the 1940s - 1960s might include: Lucy, Minnie Pearl, Lily Tomlin, Sophie Tucker or even Ethel Merman
- Also includes singing, comedy, trivia
- Audience participation
- Prizes will be awarded.
- Free to the public



For reservations, please call the Georgetown Council on Aging at (978) 352-5726 **BEFORE 9/13/16**.



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.

Georgetown Senior Community Center Update



Construction on the new Georgetown Senior Community Center continues. While electrical work continues in two of the five classrooms that will be used as administrative offices, reception area & confidential meeting

space, Georgetown School Dept. staff have cleaned & painted the other three classrooms that will be used as activity rooms. Along with Supt. Carol Jacobs, the Board of Selectmen & COA toured the new facility to see the construction progress. Stay tuned as more work continues this fall!

Medicare Open Enrollment Oct. 15-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 October 15th 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!

Local Caregiver Support Groups:

Avita of Newburyport

- For info call: 978-225-7000 or email reception@avitaofnewburyport.com

Holy Family @ Merrimack Valley Hospital

- For info call Pat Lavoie at 978-420-1162 or email patricia.lavoie@steward.org

Merrimack Valley Hospice House:

- Has three different bereavement groups
- For info & registration call 978-552-4510



Music at Eden's Edge Summer Series

The final free concert of the series will be @ 2 p.m. on **Tuesday September 13: Hope & Glory** (Ives, Mozart & Schubert.) @ **First Baptist Church, 221 Cabot Street, Beverly.**

Crosby's Marketplace Sponsors Men's Breakfast

Reflecting true community partnership, Crosby's Marketplace will sponsor the COA's monthly Men's Breakfast program again this year. Now in its ninth year of sponsorship, Crosby's Marketplace has helped us to increase our monthly program with additional participation. On an average we serve 16 men per month, with as many as 22 joining us at some breakfasts! In the past fiscal year, we served a total of 186 men. Breakfasts include speakers, a home-cooked meal and good company. The COA thanks Crosby's Marketplace for their sponsorship and invites all men to join us for breakfast and fun each month. For more information, please call the COA at 978-352-5726.



Looking Ahead to...

Sat. October 8 Georgetown Fire Department
10 a.m.-4 p.m. Open House

Tours of the station, gear demonstrations, information tables and refreshments will all be on hand.

Tues. Oct. 11 Russ McQueen Music Program
10:00 a.m. Sponsored by

Georgetown Cultural Council

11:30 a.m. **Autumn Lunch Special**

Sponsored by ESMV

First Congregational Church

Special Van Service 12- 1 p.m.

Tues. Oct. 24 Early Voting/Town Clerk's Office

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

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

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VOLUNTEERS NEEDED!

The Friends of the Georgetown COA will need volunteers to help sell raffle tickets for a gift basket fundraiser at the November 2016 election on Tues. November 8. Please email Beverly Knapp at bevknapp@verizon.net or call 978-352-8526.

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Assistive Devices Available

Do you, or someone you know, have hand mobility issues? If the answer is yes, we may be able to help. Someone has donated an assistive fork and spoon to the COA. For more information, call us 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 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

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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 September 27, 2016

Georgetown Council on Aging:

Director: Colleen Ranshaw-Fiorello

Office: Julie Pasquale, Newsletter

Kirsten Klueber, Outreach

Dave Hall, Van Driver

Jeannine DesJardins, Volunteer

Meal Site Coordinator: Mickie Locke

Board Members:

Jeannine DesJardins, Chair

Caroline Sheehan, Treasurer

Jean Perley, Secretary/Clerk

Corona Magner, Esther Palardy, Diane

Prescott, Nancy Thompson, Ann

Stewart **Alternates:** Sue Clay &

Janice Downey

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.

September 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>
5 CLOSED: Labor Day	6 LS Hot Dog/Roll, Baked Pork/Beans, Chef's Choice Veg, Mandarin Oranges	7 Chix Mirabella, Brown Rice, Baby Carrots, Watermelon, White Bread
12 Swedish Meatballs/Egg Noodles, Broccoli, WW Roll, Jell-O	13 Chix Parm/Pasta, Capri Blend Veg, Oatmeal Bread, Mixed Fruit	14 Oriental Pork Loin/Soy-Ginger Sauce, Rice, Asian Blend Veg, White Bread, Diced Pineapple
19 Chix Drumstick, Mashed Sweet Pot, Peas, Dinner Roll, Yogurt	20 Baked Salmon/Dill Sauce, Veg Rice Pilaf, Brussels Sprouts, Whole Grain Bread, Cookie	21 Chix Broccoli Alfredo/Pasta, Summer Squash, Oatmeal Bread, Peaches
26 Sliced Pork/Gravy, Mashed Pot, Chef's Choice Veg, Oatmeal Bread, Applesauce	27 Chix Caesar Salad, Pasta Salad, Beet Salad, Bread Stick, Mixed Fruit	28 Meatloaf/Gravy, Roasted Sweet Pot, Green Beans, WW Dinner Roll, Fruit Loaf/Lemon Dinos

September is National Better Breakfast Month. Celebrate with a big, healthy bowl of **OATMEAL!**

Oatmeal is...*easy to prepare...*a great way to warm up a cold morning...*high in fiber which leads to lower cholesterol & feeling full for longer. **Try these healthy additions** to liven up your morning while adding protein, nutrients and flavor to your bowl:

***Dairy** (Plain or fruit yogurt, Rice, Almond or low-fat milk) ***Fresh Fruit** (Mangos, Berries, Bananas, Apples, Pears) ***Dried Fruit** (Dates, Prunes, Cranberries, Apricots, Raisins, Figs) ***Spices** (Ginger, Cinnamon, Pumpkin Pie Spice) ***Protein** (Chopped Nuts, Sunflower/Pumpkin/Flax Seeds, Nut/Seed Butters, Fresh Eggs [Crack& Cook in Oatmeal] **Source: Elder Services/Merrimack Valley Nutrition**

**September is also National Honey Month.** Enjoy fresh honey from the local farm stand and make some **HONEY COOKIES**

Ingredients: 1 c. shortening ~ 1/4 c. brown sugar ~ 3/4 c. honey ~ 1 egg ~ 1 tsp. vanilla ~ 2 3/4 c. flour ~ 3/4 tsp. salt ~ 1/2 tsp. baking powder ~ 1/2 tsp. baking soda ~ 1 tsp. cinnamon

Directions: Cream shortening and brown sugar well. Beat in honey, egg, and vanilla. Sift dry ingredients and gradually blend into honey mixture. Chill dough at least 3 hours. Drop spoonfuls onto cookie sheet. Bake at 350 degrees for 8 to 10 minutes. Makes 2 1/2 dozen. (Dough can also be rolled out and cut with floured cookie cutters.)

SEPTEMBER VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			1 9:30 Mens' Breakfast 9:30 VAN: Walmart/SalemNH 10:45 Strength Training
5 CLOSED for Labor Day	6 No Shopping Van– Brown Bag 11:30 Lunch 12:30 Strength Training	7 9:00 Yoga 9:30 Visiting Nurse 11:30 Lunch	8 10:30 VAN: Plaistow, NH 10:45 Strength Training
12 9:00 SHINE (Appts. Only) 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	13 9:30 Van: Riverside 10:30 Charlie Card Program 10:30-11:30 Sen. Tarr Off. Hr. (@First Cong. Church) 11:30 Lunch 12:30 Strength Training 2:00 COA Friends/Library	14 9:00 Yoga 11:30 Lunch	15 10:30 VAN: N. Shore Mall 10:45 Strength Training
19 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	20 9:30 Van: Newburyport 10:00 "Laugh w/the Ladies"/Tea 11:30 Lunch 12:30 Strength Training	21 9:00 Yoga 11:30 Lunch	22 10:30 VAN: Mann's Orchard 10:45 Strength Training
26 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo	27 9:30 Van: Seabrook, NH 10:00 Free Legal Assistance 11:30 Lunch 12:00 COA Board Meeting 12:30 Strength Training	28 9:00 Yoga 11:30 Birthday Lunch	29 10:30 VAN: Haverhill 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.