



A FEW GRAY HAIRS



A Newsletter of the Georgetown Council on Aging
Email: cfiorello@georgetownma.gov

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January 2011

Website: www.georgetownma.gov

Director's Notes... Closing out the old year and celebrating the arrival of the new year, our family has always looked forward to New Year's – although we have never celebrated the annual event quite the same way each year. As a child, I can remember New Year's dinners at my grandparents' home in Ottawa. The table gleamed with china and silver, evergreen boughs decorated the large mirror in the dining room as our family gathered together. My sister and I were enchanted with fruit cups served in goblets and topped with sherbet just for the occasion. As a teenager, I spent a fun New Year's with my closest friends feeling very grown up as we enjoyed cheese fondue in front of her parent's roaring fireplace. First married, my husband and I attended a few New Year's Eve parties, including one that featured sledding in the dark! But the sweetest celebration was the New Years Eve that the two of us spent curled up on our couch and watching TV while we eagerly awaited the birth of our first daughter, who arrived very soon after New Year. As our family grew, we spent several years enjoying First Nights with parades, fireworks over the harbor in Boston and ice sculptures on the Common. Now, we often spend the evening with good friends, encouraging each other to stay awake at least until the ball has dropped! However you celebrate the arrival of the New Year, may it be a year filled with joy and opportunities for all!

Thanks for the Holidays!

The COA would like to say thank you to everyone who made our holiday season happy and entertaining.



Girl Scout Troop 281 provided handmade decorative swags to seniors free of charge.

Annual Holiday Party:

Friends of the COA provided funding for food & paper goods.

Georgetown Housing Authority provided the venue and support.

Georgetown Country Gardeners created beautiful fresh-greens centerpieces.

Music was provided by Chandler Noyes (organ) & Disc Jockeys Michael Story and Colin Campbell.



Whittier Reg. Voc. Tech. HS Performing Arts students brightened Christmas week with a lunchtime serenade.

Georgetown resident, **Monica Thompson**, generously donated numerous (and delicious!) baked goods on several occasions.

GMHS Music Dept. & Food Service once again entertained us in body and soul with their annual breakfast & concert.

AARP Tax Prep Assistance Available

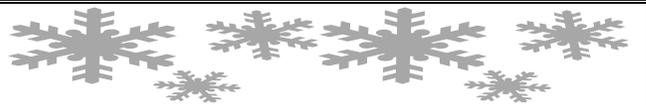
Open to: Elders and other moderate-income individuals

When: Thursday Mornings Feb. 3 - April 10

(4 one-hour sessions available each Thursday starting at 9:30 a.m.)

Appointments are required. To reserve a time, call the COA office at (978) 352-5726.

Where: Council on Aging Office-1 Library Street
Information regarding tax preparation and the criteria for Massachusetts Circuit Breaker tax program is also available at the Council on Aging office.



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 Senior Center.

**The COA & the Senior Ctr. will be CLOSED
Monday, January 17, 2011
Martin Luther King Day**

January Activities

ACTIVITIES ARE HELD AT THE SENIOR CENTER LOCATED AT THE FIRST CONGREGATIONAL CHURCH
UNLESS OTHERWISE NOTED. CALL US AT 978-352-5726

JANUARY VAN SCHEDULE 2011

Shopping Date	Location	Recreation Date	Location
Jan. 4 th	NO VAN – Brown Bag Only	Jan. 6 th 9:30	Super Walmart/Salem, NH
Jan. 11 th 9:30	Newburyport	Jan. 13 th 10:30	Seabrook, NH
Jan. 18 th 9:30	Rowley	Jan. 20 th 10:30	Park Lunch/Newburyport
Jan. 25 th 9:30	Plaistow, NH	Jan. 27 th 10:30	North Shore Mall/Peabody

GARDEN CLUB CRAFT: No Classes Scheduled for January & February 2011

ESMV CASE MANAGER: ESMV Case Manager Jennifer Cook will hold office hours at the Senior Center on **Mon. Jan. 3, 10:00 a.m.** She will be available to meet with local elders to discuss programs and services available through Elder Services of the Merrimack Valley (ESMV).

SHINE OFFICE HOURS: Do you have health insurance questions? SHINE Counselor Jerry Goldberg will be here on **Mon., Jan. 3, 9:00 – 11 a.m.** If you cannot come to the scheduled hours, contact the COA and we will contact our SHINE counselor for you. Call (978) 352-5726.

DISCUSSION GROUP PLANNED: With the New Year comes an opportunity to share stories of favorite holiday gatherings, family traditions and perhaps a few New Year resolutions to keep and break. Let's have some fun and share them all at a discussion group **Tuesday Jan. 4, 10 a.m.** at the First Congregational Church. For more information, call the COA at 978-352-5726.

VISITING NURSE: **Wed., Jan. 5, 10:00 – 11:00 a.m.** Public Health Nurse Jan Giles will be available to take blood pressure, check blood glucose levels & discuss any medical concerns seniors have. A visiting nurse is also available for Trestle Way residents in their Community Building from 12:00-2:00 p.m.

MEN'S BREAKFAST: Discussing **email and telephone scams** that resulted in significant financial loss for some local elders, **Police Chief James Mulligan, Lt. Donald Cudmore and Detective Supervisor Thomas Dejoy** will be the guest speakers at the Men's Breakfast scheduled **Thursday Jan. 6, 9:30 a.m. at Trestle Way.** With great appreciation, the Council on Aging thanks Crosby's Markets for their sponsorship and the Georgetown Housing Authority for their partnership in offering the monthly program. To make reservations, please call (978) 352-5726.

DISABILITY RESOURCE PROGRAM SCHEDULED: Join us for a program on the many resources and services available through **Northeast Independent Living Program Tuesday January 11, 10 a.m.** at the First Congregational Church. **Program Manager Jenny Pickett** will present information regarding the advocacy and services available to people with disabilities who wish to live and work as independently as possible in this area. Without charge, Northeast Independent Living Program provides information and referral along with advocacy, peer counseling and skills training services to the public. For more information, please call the COA at (978) 352-5726.

JANUARY BIRTHDAY PARTY: Join us on **Tuesday Jan. 18 at 11:30 a.m.** to send best wishes to our friends who were born in January. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 1/11/11 to assist with planning.**



Holiday-Happy Hoofers

Jo Bridges' Tap Dancing Troupe entertained seniors in December.

Health & Wellness Classes Classes are held at Trestle Way Community Room. Newcomers & beginners welcome. There is a SUGGESTED DONATION of \$3.00 per class for all classes.			*WALKING CLUB* Mondays & Wednesdays 3:30-5:30 p.m. at Penn Brook School
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.	
	Thursdays	11:00 a.m.	

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: Bill Kittredge (978) 352-4968	
2	29	45	50	72

Shared Medical Rides Available February, 2011

Beginning in February, the Merrimack Valley Regional Transit Authority (MVRTA) will provide **one day per week** of shared medical transportation for MVRTA Special Services customers to **Lahey Clinic in Peabody and several Boston hospitals**. In Georgetown, two buses will pickup and drop-off clients on **Mondays** at the Georgetown Council on Aging. Rates are \$8 cash one-way or \$16 cash round trip. Reservations and applications will be necessary. For further information, call the COA at (978) 352-5726 or the MVRTA at (978) 469-6878, selecting option 3.

Northeast Independent Living Program
Program Manager Jenny Pickett
Tuesday January 11, 10 a.m.
 First Congregational Church

Without charge, Northeast Independent Living Program provides **information, referrals, advocacy, peer counseling & skills training services** to people with disabilities wishing to live & work as independently as possible in this area. For more information, please call the COA at (978) 352-5726.

Caregiver stress relief

Whether care for a loved one is needed for a brief time or for a longer period of care, it is important for caregivers to care for themselves. We cannot provide others with good care if we have not taken time to recharge our batteries. To help care for ourselves, the state Department of Elder Affairs reminds us to **R.E.C.H.A.R.G.E.**:

- ★ **REST** – one of the most important things you can do for the person that you are caring for is to take care of yourself.
- ★ **EAT RIGHT** – Follow as healthy a diet as you can – it helps to keep you healthy and increases your energy level.
- ★ **COMMUNICATE** your needs to others – Let people know the things that need to be done and accept a helping hand!
- ★ **HYDRATE** – Drink lots of water – it hydrates your body and helps keep you energized.
- ★ **ACCEPT HELP** – One of the hardest but one of the most important things to do! Helping others makes people feel good about themselves. The better connected that we are, the healthier we remain.
- ★ **RESPITE** – Take mini breaks when possible. Walks, a coffee with a friend, visit to the library will all lift your spirits.
- ★ **GET ENOUGH SLEEP** – One of the best things to do for ourselves. Maintaining sleep schedules can help but short naps can also refresh.
- ★ **EXERCISE** – Good for the mind and the body. Call the COA for information on our walking program and yoga or strength training classes.

**"Celebrate the happiness
 tht friends are always giving.
 Make every day a holiday
 & celebrate just living."**



Amanda Bradley

Circuit Breaker Tax Credit

Available to Eligible Elders

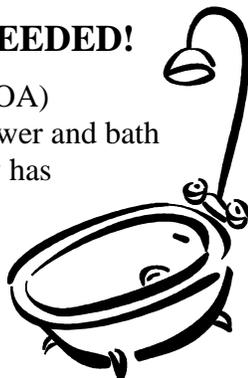
The Massachusetts Circuit Breaker Tax Credit is a state income tax credit for certain Massachusetts residents age 65 years or older who paid rent or real estate taxes during the tax year. Although the tax credit is based on local property taxes, the tax credit is paid by the state government. The credit is designed for senior homeowners and renters who meet income limits and other eligibility criteria. Homeowners are eligible for the credit if they paid more than 10 percent of their total income for real taxes, including water and sewer 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 \$764,000
- If you rent, you cannot also receive a federal or state rent subsidy and your landlord must pay property taxes
- You must meet income limits of \$51,000 single; \$64,000 head of household; \$77,000 married filing jointly
- The amount you paid for real estate taxes, water and sewer use charges 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 2010 is \$970. Information regarding tax preparation and the criteria for the state's Circuit Breaker Tax Credit is available at the COA office. Appointments for tax preparation with AARP Tax Aide Carl Much are available beginning Thursday Feb. 3. To make an appointment, call the COA office at (978) 352-5726.

BATH/SHOWER SEATS NEEDED!

Recently, the Council on Aging (COA) has received many requests for shower and bath seats. If you or someone you know has a shower/bath seat that is no longer needed, please consider donating it to the COA. For more information, please contact the COA at 978-352-5726.



Process for Discharge of Paid Mortgages Clarified

Register of Deeds John O'Brien recently noted that Essex County residents who have paid off their paid mortgages can file the discharge of mortgage document for \$75 at the Southern Essex District Registry of Deeds in Salem. According to O'Brien some lenders have notified homeowners that they can return the discharge document back to the bank for filing at the Registry of Deeds for a fee of \$150. At a cost of \$75, homeowners can file the discharge themselves at the Registry of Deeds, 8 a.m.-4 p.m., Monday through Friday. The document can also be mailed to the Registry of Deeds for recording. The Southern Essex District Registry of Deeds is located in Shetland Park, 45 Congress Street, Suite 4100, Salem, MA 01970. For further information, call the Southern Essex District Registry of Deeds Customer Service Department, 978-542-1704. Additional information can also be found by visiting the website www.salemdeeds.com

Safe Winter Driving Tips

To be safe while traveling this winter season, the Massachusetts Department of Transportation offers the following tips:

- Clear snow and ice from all windows and lights including the hood and roof before driving.
- Leave plenty of room for stopping.
- Pay attention and don't try to out drive road conditions.
- Know the current road conditions.
- Use brakes carefully – braking early and correctly.
- Bridge decks freeze first – due to the difference in the exposure to air.
- Exit ramps can be a challenge with snow and ice.
- Don't use "cruise control" during wintry conditions.
- Look further ahead in traffic than you normally do.
- Remember that trucks are heavier cars and take longer to safely respond to road conditions than cars.
- Leave room for maintenance vehicles and plow.
- Go slow and wear seat belts at all times!
- Be careful out there!

Georgetown Community Education

To Offer Winter/Spring Classes

February and March will bring fun and enrichment classes to adults throughout Georgetown and other communities. Georgetown Community Education will offer classes in crafts/hobbies, world language, strength/fitness, genealogy, business & technology. Classes are held at the Georgetown Middle/High School. Volunteers are also needed to teach classes. A 10 percent discount off registration fees is planned for adults 60 years and older. Course catalogs and registration forms are available at the COA office. For further information, contact Stephanie Cannata at 978-490-0088.

Council on Aging Services

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

VISITING NURSE

On the first Wednesday of each month, from 10:00AM – 11:30 AM, Jan Giles, RN is available at the Senior Center to perform Blood Pressure checks, shots, etc. Trestle Way residents may also visit with the nurse in the Community Building on the first Wednesday of each month, noon-2:00PM.

TRANSPORTATION: SHOPPING

The Van is available 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. Please check the Van Schedule for this month's days and destinations. A small donation is suggested to help with program expenses.

TRANSPORTATION: NORTHERN ESSEX ELDER TRANSPORTATION PROGRAM

This program provides rides for elders to medical appointments. Arrangements should be made at least THREE days in advance of the appointment by calling the Council on Aging office at (978) 352-5726. If the office is closed, please leave a message (and remember that we are 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. However, no one would ever be turned down due to inability to pay. Please remember: Reservations must be made through the Council office and clients should not be calling the drivers directly.

Meals on Wheels Available to eligible seniors by calling Elder Services of MV. 1-800-892-0890

Congregate Meals The Senior Center offers nutritious lunches Monday-Wednesday at 11:30 a.m. Please make reservations at least three business days in advance by calling the COA or in person at the Center.

Ring & Ride Ring & Ride is a free van service to Georgetown residents. It requires 24 hour notice for reservations made through MVRTA (978-469-6878, option #3). The van can be used for any purpose to a limited service area (Georgetown, Haverhill, Groveland, Newburyport, area hospitals & trains). For a brochure, contact the COA.

S.H.I.N.E. Serving Health Information Needs of Elders will help you understand your health insurance concerns. Call COA to set up an appointment with their representative.

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.

HANDICAP PLACARDS

Are you in need of a HANDICAP placard for your car? The Council on Aging has a number of applications available from the Registry of Motor Vehicles.

HEALTH CARE PROXIES

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

THE FILE

Handy folder which serves as a summary record of Financial Information, Investments and Insurance, Legal Documents and Estate Management information.

FOOD AND HEAT RESOURCES

For more information, contact the COA office at (978) 352-5726.

Updated 5/20/10

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

Return Service Requested

Presort Standard
U. S. Postage

PAID

PERMIT #39
Haverhill, MA

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

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

Georgetown Council on Aging
1 Library Street
Georgetown, MA 01833
(978) 352-5726

Office Hours:
Monday – Thurs. 9 am – 4 pm

Georgetown Senior Center
@ 1st Congregational Church
Andover St. ~ Georgetown, MA
(978) 352-8443

Open:
Monday – Wed. 9 am – 1 pm

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 January 25, 2011

Georgetown Council on Aging:
Director: Colleen Ranshaw-Fiorello
Office: Julie Pasquale, Newsletter
Alice Girrior, Outreach
Dave Hall, Van Driver
Jeannine DesJardins, Volunteer
Mealsite Coordinator: Mickie Locke
Board Members:

Claire Maimone, Chair
Corona Magner, Vice Chair
Chandler Noyes, Treasurer
Cynthia Tardif, Secretary/Clerk
Jeannine Desjardins, Esther Palardy,
Dianne Prescott, Barbara Miller
Alt: Jean Perley

Town of Georgetown:
Michael Farrell, Town Administrator
Philip Trapani, Board of Selectmen
Evan O'Reilly, Board of Selectmen
David Surface, Board of Selectmen
Steve Smith, Board of Selectmen
Gary Fowler, 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 Senior Center.

January Lunch Menu - Make reservations 3 days in advance. Call (978) 352-5726.

Lunch is served Monday through Wednesday at the First Congregational Church at 11:30 a.m. Cost is \$2.00.

The MVNP is 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>
3 Orange juice, Cheerios, Cheese Omelet, Sausage, Fruit Yogurt, LF Muffin	4 Stuffed Shells/Marinara Sauce, Mixed Veg, Fresh Orange, Italian Bread	5 Cabbage Soup Shepherd's Pie, Butterscotch Pudding, Wh Wh Bread
10 LS Baked Ham/Fruit Sauce, Whip Sweet Pot, Cauliflower/Red Peppers, Ice cream, Snowflake Roll	11 Pineapple Ginger Chix, Whip Pot, Tuscany Blend Veg, Apricots, Multigrain Bread	12 Cream of Asparagus Soup Potato Crunch Fish, O'Brien Pot, Carrots, Chocolate Pudding, Oatmeal Bread
17 CLOSED: MLK DAY	18 Swedish Meatballs, Whip Pot., Mixed Veg, Peaches, Wh Wh Bread	19 Tomato Tortellini Soup Cheese Lasagna/Marinara, Broccoli/Cauliflower, Fruit Gelatin, Breadstick
24 LS Hot Dog/Roll, NE Baked Beans, Coleslaw, Fruit Gelatin	25 Chix Breast Fillet/Supreme Sauce, Dirty Rice, California Blend Veg, Mandarin Oranges, Oatmeal Bread	26 Cream of Broccoli Soup Fish a la Ritz, Whip Pot, Succotash, Rice Pudding, Multigrain Bread
31 Baked Salmon Boat/Dill Sauce, Herb Whip Pot, Oregon Blend Veg, Apricots, Oatmeal Bread	Feb. 1 Sweet/Sour Meatballs, White Rice, Mixed Veg, Peaches, Multigrain Brd	Feb. 2 Lentil Soup Pineapple Juice, Baked Chix, Florentine Rice, Peas & Mushrooms, Apple, Wh Wh Bread

LOOKING FOR A FUN WAY TO START YOUR DAY? Drop in for a visit. Enjoy a cup of coffee, a snack, or even a friendly game of Cribbage, Rummy, 45s, etc. Join us at the **Senior Center** (First Congregational Church) on **Monday - Wednesday mornings from 9:00 to 11:30 a.m.** for fun and fellowship. Make a day of it and stay for lunch. (Lunch requires 3 days notice and costs \$2.00. Call the COA at 978-352-5726.)

JANUARY VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 9:00 SHINE 9:30 Dolls 10:00 Jen Cook, ESMV 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	4 No Van-Brown Bag 10:00 New Year Discussion 11:30 Lunch 12:30 Strength Training	5 9:00 Yoga 10:00 Visiting RN 11:30 Lunch 3:30 Walking Club	6 9:30 Men's Breakfast 9:30 VAN: Walmart/Salem NH 11:00 Strength Training
10 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	11 9:30 VAN: Newburyport 10:00 Jenny Pickett NE Independent Living 11:30 Lunch 12:30 Strength Training	12 9:00 Yoga 11:30 Lunch 3:30 Walking Club	13 10:30 VAN: Seabrook, NH 11:00 Strength Training
17 CLOSED: MLK Day	18 9:30 VAN: Rowley 11:30 Birthday Lunch 12:30 Strength Training	19 9:00 Yoga 11:30 Lunch 3:30 Walking Club	20 10:30 VAN: Park Lunch/ Newburyport 11:00 Strength Training
24 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	25 9:30 VAN: Plaistow, NH 11:30 Lunch 12:00 Board Meeting 12:30 Strength Training	26 9:00 Yoga 11:30 Lunch 3:30 Walking Club	27 10:30 VAN: North Shore Mall/Peabody 11:00 Strength Training
31 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club			

Van Trips: Cost is \$2 roundtrip. Pick-up time for Tues. shopping trips, as well as the monthly Thurs. trip to Super Walmart in Salem, NH, is 9:30 a.m. Pick-up time for all other Thurs. trips is 10:30 a.m., unless noted. Call the COA, (978) 352-5726.