



# A FEW GRAY HAIRS



A Newsletter of the Georgetown Council on Aging  
Email: [cfiorello@georgetownma.gov](mailto:cfiorello@georgetownma.gov)

Vol. 13/Iss. 8

February 2012

Website: [www.georgetownma.gov](http://www.georgetownma.gov)

**Director's Notes...** Valentine's Day in our house was always a double treat because it was also my grandmother's birthday. My grandparents married in the 1920s and lived through very hard times in the Depression and during the war years. My grandmother was practical and very capable. She gardened, made jams and could pickle anything. She was also an accomplished seamstress and could refit or sew new clothing for her family. Following the Depression, my grandfather was able to find a job in Ottawa and they moved their family to the city. With the end of the Depression and additional work from the war effort, things began to improve for them. One year shortly before her birthday, my grandmother spotted a red wool coat in a department store window. The coat that she was wearing, was years old and cut down from someone else's coat. She decided to buy the coat and then immediately regretted spending the money when she still had a serviceable coat. When my grandfather arrived home from work, she told him about the coat and asked if he minded the purchase. "It looks lovely on you," he said. "I'm so glad that you bought it for yourself." It was one of her happiest Valentine birthdays. Not only did the coat keep her warm, but my grandfather's love, respect and consideration warmed her for more than 50 years. We were fortunate to learn that it's not the cards or chocolates that make the day but its how we care for each other and show that consideration and respect that makes every day Valentine's Day.



## **Trustees of the Perley Free School Offer Fuel Assistance**

As a new initiative this year, the Trustees of the Perley Free School will offer a **limited** fuel assistance program to local residents who are experiencing financial hardships this year. The new program is funded by an endowment that was established in 1860 by John Perley. Initially the goal of the endowment was to establish a free school for Georgetown children, which was accomplished in 1900. In addition to the money that is used to fund scholarships for Georgetown graduates and alumnae, the Trustees oversee a small endowment to aid Georgetown residents facing financial hardships. Concerned for people who may have difficulty with heating costs the Trustees approved the plan for a limited heating assistance program. Individuals who may need assistance with their heating costs, can call the COA at (978) 352-5726 for information and referral.

## **Medicare Scam in Circulation**

The Executive Office of Elder Affairs has reported that a Medicare scam is circulating in our area. In answering her telephone, an elder was told her Medicare card will be invalid as of January 1, 2012, unless she gave the caller the checking account number attached to her social security deposits. Unfortunately she provided the information but told her daughter, who promptly went to the bank before any damage was done. The teller told her that two other elders had been in on the same day with the same scam. The reported scam reminds us not to give our Medicare or Social Security numbers to anyone unless we have initiated the call.

If you feel that something is "not quite right" with a phone call, simply hang up. We suggest you contact your local police department or town which may then allow them to initiate a 'reverse' 911 call (or internet email setup) that can inform people quickly throughout the community about this scam. If you have any questions or concerns regarding Medicare, please call 1-800-MEDICARE (1-800-633-4223).

**The COA & Sr. Center at First Cong. Church will both be closed for President's Day on Monday, February 20, 2012**

# February Activities

ACTIVITIES ARE HELD AT THE SENIOR CENTER LOCATED AT THE FIRST CONGREGATIONAL CHURCH

UNLESS OTHERWISE NOTED. CALL US AT 978-352-5726



## FEBRUARY VAN SCHEDULE 2012

Shopping Date	Location	Recreation Date	Location
		Feb. 2 9:30	Super WalMart/Salem, NH
Feb. 7	NO VAN – Brown Bag Only	Feb. 9 10:30	Plaistow, NH
Feb. 14 9:30	Rowley	Feb. 16 10:30	Seabrook, NH
Feb. 21 9:30	Middleton	Feb. 23 10:30	North Shore Mall/Peabody
Feb. 28 9:30	Newburyport	Mar. 1 9:30	Super WalMart/Salem, NH

**TAX PREP ASSISTANCE:** **Thursday Mornings Feb. 2 - April 12** Appointments are required. To schedule an appointment, call the COA office at **978-352-5726**. See page 6 for full details.

**VISITING NURSE:** **Wed., February 1, 10:00 – 11:00 a.m.** Public Health Nurse **Pam Lara** will be available to provide blood pressure checks, heart assessments, & medication information & to discuss 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 12:00-2:00 p.m.

**MEN'S BREAKFAST:** Discussing his recent training at the FBI National Academy in Quantico VA, **LT. Donald Cudmore of the Georgetown Police Dept.** will be the guest speaker at the Men's Breakfast **Thursday Feb. 2, 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.

**SHINE OFFICE HOURS:** Do you have health insurance questions? **SHINE Counselor Jerry Goldberg** will be here on **Mon., February 6, 9:00 – 11 a.m.** **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.

**ESMV CASE MANAGER:** **ESMV Case Manager Jennifer Cook** will be here to discuss programs and services available through Elder Services of the Merrimack Valley (ESMV) on **Mon., February 6 10:00 – 11 a.m.** **APPOINTMENTS MUST BE SCHEDULED THROUGH THE COA OFFICE.** To schedule an appointment, call (978) 352-5726.

**SAFE DRIVER PROGRAM:** Join us for an important discussion regarding safe driving tips and strategies **Wednesday Feb. 8, 10 a.m.** at the First Congregational Church. See page 3 for details.

**VALENTINE'S BREAKFAST:** Bring your sweetheart or come alone, but plan to join us as we celebrate Valentine's Day on **Wednesday Feb. 15, 9:30 a.m.** at the First Congregational Church. **Due to limited seating capacity, reservations are full at press time.** Contact us if you would like to be on a waiting list. Thank you to our friends at Atria Marland Place in Andover. See page 3 for details.

**FEBRUARY BIRTHDAY PARTY:** Join us on **Tuesday, February 21 at 11:30 a.m.** to send best wishes to our friends who were born in February. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 2/14/12.** Call 978-352-5726.

**DIABETES SELF-MANAGEMENT PROGRAM:** **Tues. Feb. 21 & 28, 9-11:30 A.M.** at the First Congregational Church. To register, call the COA at 978-352-5726. See page 3 for more details.

**SR. PHOTO IDS, ICE YOUR PHONE & ICE CREAM SOCIAL:** A Senior Photo ID and ICE Your Phone Program will be held along with an Ice Cream Social **Thursday Feb. 23, 1 p.m. at Trestle Way.** See page 6 for more details.

**JOIN US MONDAY – WEDNESDAY MORNINGS** from 9-10:30 a.m. at the First Congregational Church for cards and cribbage games! Hot Coffee and cookies (or other snacks) are a great way to spend time with friends!

**NO WALKING CLUB on Wed., February 22 due to school vacation.**

<b>Health &amp; Wellness Classes</b> Classes are held at Trestle Way Community Room. Newcomers & beginners welcome. There is a SUGGESTED DONATION of \$3.00 per class for all classes.			<b>*WALKING CLUB*</b>
Class	Meets on	Time	<b>Mondays &amp; Wednesdays 3:30-5:30 p.m.</b> at Penn Brook School
Yoga (Bring a mat or towel)	Mondays	10:30 a.m.	
	Wednesdays	9:00 a.m.	
Strength Training	Tuesdays	12:30 p.m.	
	Thursdays	10:45 a.m.	

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
12	21	38	49	63
<b>Georgetown Senior Center</b>		40	<b>Trestle Way Community Room</b>	
Every Monday at noon	Cost: \$1.00/card covers up to 10 Games	Free Space	1 <sup>st</sup> & 3 <sup>rd</sup> 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

**SAFE DRIVER PROGRAM PLANNED**

Michele Ellicks of Mass. Registry of Motor Vehicles presents

**“Road Scholar Workshop”**

Wednesday Feb. 8, 10 a.m.  
First Congregational Church

Topics of this important discussion include:

- ★ New laws, regulations, rules of the road
- ★ Safe driving tips & strategies



Refreshments will be served.

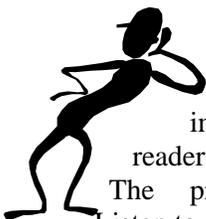
For more info, please call the COA at (978) 352-5726.

\*\*\*\*\*

**Listeners for Perley Pals Reading Program**

As an extension of the Perley Pals Reading Program, volunteers are needed to listen as young readers at the school read aloud to others in their classrooms. Reading aloud to others is an important component in gaining fluency for young readers and helps to build early literacy skills.

The program is seeking volunteers willing to Listen to children read for 30 minutes each week. For further information and to volunteer, please call the COA at (978) 352-5726.



*Valentine's Breakfast*

Featuring Omelet Stations  
Provided by  
Atria Marland Place of Andover

Wednesday, February 15 9:30 a.m.  
First Congregational Church

- ★ Create your own omelet.
- ★ Just the way YOU like it!
- ★ There is no charge for breakfast.

Due to limited seating capacity,  
**reservations are full at press time.**  
Contact us at 978-352-5726 if you  
would like to be on a waiting list.

**Diabetes Self-Management Program Begins Feb. 21**

A free six-week workshop that will provide support and information to participants who are living with diabetes will begin **Tuesday Feb. 21, 9:30 a.m.** at the First Congregational Church. Participants will learn to manage their diabetes with a nutritional assessment and group support. Learn to eat well, plan appropriate physical activities, handle stress and difficult emotions, gain increased energy, meet personal goals and make treatment choices. The six-week program will be held **Tuesday Feb. 21-April 3, 9:30 -11 a.m.** To register, call the COA at (978) 352-5726.

**BINGO CALLERS NEEDED!**

If you have an hour to spare approximately 1-2x/month, we can use you. For more info, contact the COA at 978-352-5726.

## Five Strategies to Increase Energy

According to the American Heart Association (AHA), the key to increasing energy is to make healthy and lasting lifestyle changes that are not too difficult to maintain. To be able to do more and to feel better while doing it, the AHA suggests five strategies:

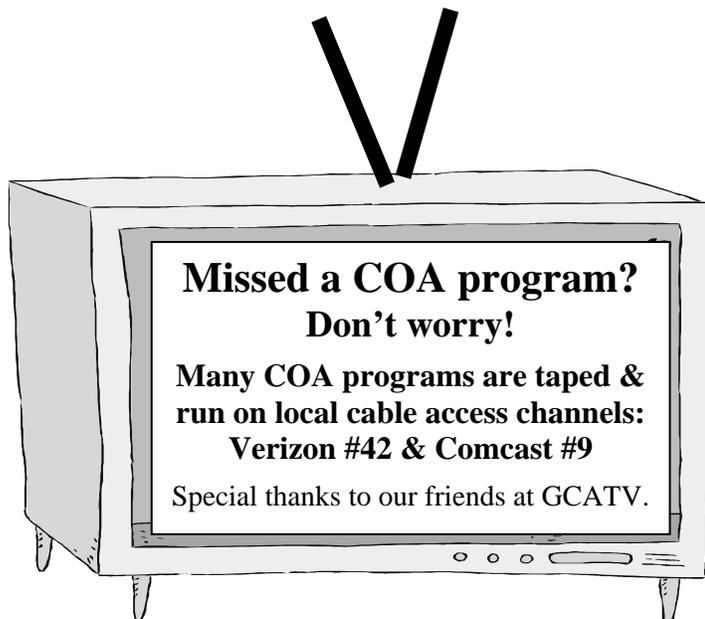
1. **Move more:** Increasing physical activity will increase energy. Three 10-minute walks per day will help you reach your goals! Joining us for a yoga class or strength training class will help too.
2. **Eat smart:** Eat fresh fruit and veggies. Drink lots of water. Eat small and frequent meals to balance energy and blood sugar levels during the day.
3. **Sleep:** Try to plan about seven hours of quality sleep.
4. **Lose a few pounds:** Carrying extra pounds means extra work for your heart and can raise blood pressure, too. Join us for an exercise class – maybe even lunch, too!
5. **Lighten up:** Stress is unavoidable in life but learning to manage stress helps to maintain a positive outlook and healthy lifestyle – all of which increases energy and helps to reduce risk for heart disease!

---

## Friends of the COA News

The COA Friends will meet **Tuesday Feb. 21, 3 p.m. at the library**. The meeting is open to the public and newcomers are welcome to attend.

Coming in March: The COA Friends will be holding a fundraising **Pasta Dinner on Saturday, March 24**. Watch your March Newsletter for more details.



## AARP Tax Prep Assistance Available

**Open to: Elders & other moderate-income individuals**

**When: Thursday Mornings Feb. 2 - April 12**

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

**Appointments are required.** To schedule an appointment, call the COA office at **978-352-5726**.

**Where: Council on Aging Office - 1 Library St.**

### **Things to Bring with you:**

- ★ Copies of 2011 Federal & State tax returns
- ★ Anything received in the mail marked "Important Tax Return Document Enclosed" including W-2 forms, SSA-1099 (Social Security), 1099-R (pension/IRA), 1099-INT (interest), 1099-B/1099-DIV (stocks/mutual funds).
- ★ Some form of Personal Identification
- ★ To determine Circuit Breaker Tax Credit bring 2011 Property Tax bills & Water Bills.

Information regarding tax preparation and the criteria for Massachusetts Circuit Breaker tax program is also available at the Council on Aging office. For information, call the COA at 978-352-5726.

---

## **Senior Photo ID Program, ICE Your Phone & Ice Cream Social Planned**



A Senior Photo ID and ICE Your Phone Program will be held along with an Ice Cream Social **Thursday Feb. 23, 1 p.m. at Trestle Way**. Members of the Georgetown Police Department will also be on hand to provide a public safety update. The Senior Photo ID Program provides elders with a secondary form of identification. To receive a secondary photo ID, please bring a valid Massachusetts driver's license, a valid passport or a valid Massachusetts photo ID issued by Mass. RMV. The ICE Your Phone Program is an acronym that identifies your emergency contact in your cell phone. To ICE Your Phone, bring the name of an emergency contact and an emergency contact phone number along with a charged cell phone to the program. Enjoy an ice cream sundae after the program! If you plan to attend, please contact the COA at (978) 352-5726.

---

## **Facts About February...Did you know?**

- ▶ **In 1780**, PENNSYLVANIA became the first state to abolish slavery.
- ▶ **February 1865** is the only month in recorded history not to have a full moon.
- ▶ Astronaut John H. Glenn, Jr. became the first American to orbit the earth **February 20, 1962**.

# 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. Please check the Van Schedule for this month's days and destinations. 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 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.

## Ring & Ride: MEDICAL, SHOPPING AND GENERAL PURPOSE TRANSPORTATION

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 including medical and shopping in its service area (Georgetown, Haverhill, Groveland, Newburyport, area hospitals & trains). For a brochure, contact the COA.

## HANDICAP PLACARDS

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

## 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.

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

## VISITING NURSE

On the first Wednesday of each month, from 10:00AM – 11:30 AM, Pam Lara, 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.

## S.H.I.N.E.

Serving Health Information Needs of Elders will help you understand your health insurance concerns. Appointments can be scheduled with SHINE counselor Jerry Goldberg at the Senior Center 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 record of Financial Information, Investments and Insurance, Legal Documents and Estate Management information.

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**  
@ 1<sup>st</sup> 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 4<sup>th</sup> Tuesday of each month at the **First Congregational Church Andover Street, Georgetown**

**NEXT BOARD MEETING:**  
Tuesday February 28, 2012

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

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

**Town of Georgetown:**  
Michael Farrell, Town Administrator  
David Surface, Board of Selectmen  
Gary Fowler, Board of Selectmen  
Philip Trapani, Board of Selectmen  
Stephen Smith, Board of Selectmen  
Stuart Egenberg, Board of Selectmen

**Georgetown COA Webpage** is located on the town's official website [www.georgetownma.gov](http://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.

## February 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>
		<b>1 Soup: Cream of Broccoli</b> Teriyaki Chix, Rice, Green/Gold Beans, Peach Cup, Multigrain Bread
<b>6</b> Swedish Meatballs, Whip Pot, Succotash, Peach Cup, Wh Wh Bread	<b>7</b> Chix Fillet/Roll, Green Beans & Tomato, LS Chips, Tapioca Pudding	<b>8 Soup: Beef Noodle</b> BBQ Chix Breast, Red Bliss Whip Pot, Carrots/Turnips, Banana, Wh Wh Bread
<b>13</b> Chix Marsala, Baked Pot, LF Sour Cream, Glazed Carrots, Sherbet Cup, LF Muffin	<b>14</b> Potato Crunch Fish, Dirty Rice, Whip Winter Squash, Pineapple, Wh Wh Bread	<b>15 Soup: Seafood Chowder</b> Stuffed Shells/Marinara Sauce, Green/Gold Beans, Orange, Lt Rye Bread
<b>20</b> <div style="border: 1px solid black; padding: 2px; display: inline-block;">Closed: President's Day</div>	<b>21</b> LS Ham/Pineapple Ginger Sauce, Pot O'Brien, Broccoli/Cauliflower, Apple, Oatmeal Bread	<b>22 Soup: Tomato Tortellini</b> Breaded Baked Fish, Red Bliss Whip Pot, French Green Beans, Cutie Pie, Dk Rye Br
<b>27</b> Baked Salmon/Dill Sauce, Rice, Mixed Veg, Pineapple, Oatmeal Bread	<b>28</b> Fruit Punch, Mild Chili, LF Sour Cream, Corn, Pears, Corn Bread	<b>29 Soup: Corn Chowder</b> Baked Chix, Whip Pot/Chives, Peas & Carrots, Fruit Jello, Wh Wh Bread



- ◇ At one time, it was against the law to serve ice cream on cherry pie in Kansas.
- ◇ The cherry is the state fruit of Utah.
- ◇ On average, there are about 44 cherries in one pound.



## FEBRUARY VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		<b>1</b> 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch 3:30 Walking Club	<b>2 AARP Tax Assist (by appt)</b> <b>9:30 Men's Breakfast</b> 9:30 VAN: Walmart/Salem NH 10:45 Strength Training
<b>6</b> 9:00 SHINE (by appt.) 9:30 Dolls 10:00 Jen Cook, ESMVappts. 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	<b>7 No Van-Brown Bag</b> 11:30 Lunch 12:30 Strength Training	<b>8</b> 9:00 Yoga 10:00 Safe Driver Program 11:30 Lunch 3:30 Walking Club	<b>9 AARP Tax Assist (by appt)</b> 10:30 VAN: Plaistow, NH 10:45 Strength Training
<b>13 27</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	<b>14</b> 9:30 VAN: Rowley 11:30 Lunch 12:30 Strength Training	<b>15</b> 9:00 Yoga 9:30 Valentine's Breakfast 11:30 Lunch 3:30 Walking Club	<b>16 AARP Tax Assist (by appt)</b> 10:30 VAN: Seabrook, NH 10:45 Strength Training
<b>20</b> <div style="border: 1px solid black; padding: 2px; display: inline-block;">Closed: Presidents' Day</div>	<b>21</b> 9:30 VAN: Middleton 9:00 Diabetes Mngmt Wkshp 11:30 Birthday Lunch 12:30 Strength Training 3:00 COA Friends Mtg/Library	<b>22</b> 9:00 Yoga 11:30 Lunch <b>NO</b> Walking Club	<b>23 AARP Tax Assist (by appt)</b> 10:30 VAN: North Shore Mall 10:45 Strength Training 1:00 Sr. ID, ICE, Icecream @ Trestle Way
<b>27</b> 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	<b>28</b> 9:30 VAN: Newburyport 9:00 Diabetes Mngmt Wkshp 11:30 Lunch 12:00 COA Board Meeting 12:30 Strength Training	<b>29</b> 9:00 Yoga 11:30 Lunch 3:30 Walking Club	<b>3/1 AARP Tax Assist (by appt)</b> <b>9:30 Men's Breakfast</b> 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.