



A FEW GRAY HAIRS



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

Vol. 12/Iss. 9

March 2011

Website: www.georgetownma.gov

Director's Notes... After one of the most extraordinary winters in recent history, the arrival of spring will be true cause for celebration in New England. Although several feet of snow remain on the ground (and more in the snow banks that line our driveways), there are already signs that spring is poised to soon arrive. The days are already longer with glorious late afternoon sunsets and each day Venus rises to outshine all of the other stars and planets in the evening's sky. Woodland brooks are breaking free of the long winter's ice and filling the rivers and wetlands that surround us. Willow trees are starting to yellow and with a bit of thaw in the air, the sap will soon run in backyard sugar bushes. During the height of one of our recent snow storms, a flock of robins filled the tree outside our office. Not only did their red breasts provide a bright contrast to the snow but their plucky flutter provided a real reminder that spring will always follow winter. But until the official arrival of spring later this month, we can bring a bit of spring to each other. Drop by for a game of cribbage and share a laugh over a cup of coffee. Join us for an exercise class or to learn something new. With warm hearts and bright smiles sure to melt any remaining ice and snow, spring will not be hard to find.

COA Program & Service Survey Underway

To help us "March" forward, we are seeking your input on our programs and services. Please take a moment and complete our Program and Service Survey. We value your feedback and look forward to your thoughts and ideas as we eagerly "March" into spring and the future together. All responses are confidential. Please return your response by Thursday March 31 to the COA office located at Town Hall, 1 Library Street, Georgetown, MA 01833.

Town Budget Forum Public Invited to Share Their Priorities

On **Saturday, March 5th**, a second public budget forum will be held at the **Georgetown High School from 8 a.m. – 12 noon**. Your help is greatly needed. The objective of the meeting will be to solicit input from residents on the prioritization of services in Georgetown. Town leaders need to identify where potential reductions or eliminations of services may have to be made. There will be a review of the current financial picture, expected 2012 budget request and an overview of expected revenues and expenses. About 100 residents and employees attended the first session in January. There was a lot of good dialogue and the Board of Selectmen hope to continue the discussions. **This is your opportunity to express which services are most important to you and if necessary, what may have to change.** So, save the date and plan to be there.

The Georgetown Friends of the COA Pasta Fundraiser Dinner Saturday, March 26 ~ 4 - 7 p.m. Georgetown VFW ~ Andover Street

Menu:

- ** Pasta & Sauce with Meatballs
- ** Bread, salad & dessert

Cost:

- ** \$7 for Adults; \$6 for Elders over 60 years
- ** Free for Children 5 yrs. and under



To reserve tickets, email names & number of tickets to Ed Barrett at L42017@aol.com or mail to COA Friends, P.O. Box 111, Georgetown, MA 01833. Tickets will also be available at the door. For information, call 978-914-7823.

March 20th:

First Day of Spring



March Activities

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

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



MARCH VAN SCHEDULE 2011



Shopping Date	Location	Recreation Date	Location
March 1 st	NO VAN – Brown Bag Only	March 3 rd 9:30	Super WalMart/Salem, NH
March 8 th 9:30	Newburyport	March 10 th 10:30	North Shore Mall
March 15 th 9:30	Plaistow, NH	March 17 th 10:30	Park Lunch/Newburyport
March 22 nd 9:30	Rowley	March 24 th 9:30	Kittery, ME
March 29 th 9:30	Seabrook, NH	March 31 st 10:30	Holy Grail/Epping, NH

GARDEN CLUB CRAFT: Join us at **9:30 a.m. on the first Tuesday of each month** for fun and crafts. Classes are always free, but size is limited. It is extremely helpful for planning if you would sign-up a week in advance.

March 1

Floral Lace Hats

RSVP ASAP

April 12

Annual Tea Party

RSVP 4/5/11

VISITING NURSE: **Wed., March 2, 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: **Men's Breakfast** is scheduled for **Thursday March 3, 9:30 a.m. at Trestle Way.** Join us as we welcome **Selectmen Chairman Philip Trapani.** 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.

ESMV CASE MANAGER: **ESMV Case Manager Jennifer Cook** will hold office hours at the Senior Center on **Mon. March 7, 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., March 7, 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.

BYFIELD PARISH RESUMES LUNCHEONS: **Tuesday, March 15, 11:30 a.m.** Call the church if you plan to attend. 978-352-2022.

HEALTH BENEFITS OF MASSAGE/BOWENWORK: Join massage therapist **Sue Daigle** as she discusses the health benefits of massage therapy, Bowenwork and related topics on **Tuesday March 15, 10 a.m.**

ST. PAT'S/BIRTHDAY PARTY: Join us in the Wearin' o' the Green on **Wednesday March 16 at 11 a.m.** to send best wishes to our friends who were born in March. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 3/9/11 to assist with planning.**

HOW'S YOUR EYESIGHT? Join us on **Wednesday March 30, 10 a.m.** as **Dr. Laura Potvin** of Groveland presents a program on the importance of maintaining good eye health along with information regarding some of the common vision issues that elders may face as they age. For further information, call the COA at (978) 352-5726. Refreshments will be served.

SAVE THE DATE: Join us for an important program on **memory disorders and local resources** when **Beth Desrochers** of Northeast Health Systems presents **"When to Worry About Memory" Tuesday April 5, 10 a.m.** at the First Congregational Church.

ADVANCED NOTICE: First Congregational Church will be closed to COA activities and programs the **week of April 17** due to Easter preparations.

.....
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 cards. The **Senior Center** (First Congregational Church) is open **Monday - Wednesday mornings from 9:00 to 11:30 a.m.** 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.)

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*
Class	Meets on	Time	Mondays & Wednesdays 3:30-5:30 p.m. 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	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

Shoveling Slips Falls
It's Been a Long, Hard Winter!

Discover the Health Benefits of Massage & Bowenwork

Tuesday March 15, 10 a.m.

Massage Therapist **Sue Daigle** will discuss massage therapy, Bowenwork & related topics for Gentle, relaxing relief from physical discomfort:

- ◇ Pain
- ◇ Stiffness
- ◇ Stress
- ◇ Sports related injuries



How's Your Eyesight?

Join Dr. Laura Potvin, Optometrist

Wednesday March 30, 10 a.m.

Discussions will include:

- 👁️ The importance of maintaining good eye health
- 👁️ Common vision issues faced by an aging population



For more information or to sign-up for either program, call the COA at (978) 352-5726.

St. Pat's/Birthday Party

Join us in the Wearin' o' the Green!
Wednesday March 16 at 11 a.m.

- ♣️ Light appetizers will be served.
- ♣️ Birthday celebrants will receive a free lunch. (Everyone else is \$2.)
- ♣️ Plenty of Blarney for all to share!



Lunch reservations are required.
RSVP before 3/9/11 to assist with planning.



"A friend knows the song in my heart
and sings it to me when my memory fails."



~Donna Roberts

Healthcare Reform Improves Medicare Benefits

As a result of Healthcare Reform, now called the Affordable Care Act (ACA), Medicare coverage has improved recently. Understanding the changes, better allows us to take advantage of them. SHINE counselors, who volunteer at Councils on Aging and Senior Centers can help you understand your Medicare plans and to assist you in getting your Medicare services. If you have prescription drug coverage through a Medicare Part D Drug Plan or a Medicare Advantage Plan (HMO or PPO), during the coverage gap (donut hole) your drug costs increase significantly. In 2010, as part of the ACA, individuals in the donut hole were eligible to receive a \$250 rebate on drug costs. If you were in the donut hole in 2010 and have not received your rebate check, contact SHINE. Over time, the ACA will close the prescription drug coverage gap. This year, in the donut hole there will be a 50 percent discount on brand-name drugs and a seven percent discount on generic drugs. If you get into the donut hole and are not receiving these discounts, contact SHINE. Due to the ACA, Medicare now covers many preventive services at no cost. These free services include an annual wellness exam, mammograms, colonoscopies and osteoporosis screenings. Also this year, the ACA will provide qualifying doctors and other health care professionals providing primary care to people on Medicare with a ten-percent bonus for primary care services. This will help ensure that those primary care providers can continue to be there for Medicare patients. More information about Medicare benefits can be found at www.medicare.gov or the Medicare & You 2011 Handbook. For a free, confidential SHINE (Serving Health Information Needs of Elders) appointment, call the COA office at (978) 352-5726. You can also reach a SHINE counselor by phone at 1-800-AGE-INFO and press 3. Once you get the SHINE answering machine, leave your name and phone number. A counselor will call you back, as soon as possible.

Local Caregiver Support Programs

Two new Caregiver Support Groups are underway in Haverhill. Beginning on March 17, a **Caregiver Support Group** for those caring for loved ones with **memory loss** will meet on the third Wednesday of every month. Facilitated by Trish Lavoie, LICSW, the group meets at 7 p.m. in the Merrimack Valley Hospital's 1st Floor Atrium. For information, call (978) 420-1162. A **Caregiver Dementia Support Group** meets Thursday evenings 4:45-5:45 p.m. at the Whittier Pavilion's Community Room, 76 Summer Street, Haverhill. Facilitated by Kim Segal, LICSW, the group explores the demands and ways to cope with caring for a loved one living with Alzheimer's Disease and related dementias. For information, call (978) 373-8222.

Circuit Breaker Tax Credit

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. 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 criteria. Homeowners are eligible for the credit if they paid more than 10 percent of their total income for real taxes, including water 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
- Income limits are: \$51,000 single; \$64,000 head of household; \$77,000 married filing jointly
- The amount you paid for real estate taxes 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.

AARP Tax Prep Assistance Still Available

Appointments with AARP Tax Aide Carl Much are still available Thursdays through April 14, 9:30 a.m.-12:30 p.m. at the COA office (978-352-5726). The program is a free service designed to assist elders and other moderate-income individuals with their income tax preparations.

Please bring the following documents to your appointment:

- ★ Copies of 2009 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 2010 Property Tax bills & Water Bills.

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: 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.

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.

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, 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.

S.H.I.N.E.

Serving Health Information Needs of Elders will help you understand your health insurance concerns. SHINE counselor Jerry Goldberg is available at the Senior Center the first Monday of each month, 9 AM.

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
@ 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 March 22, 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.

March 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>
Feb. 28 LS Hot Dog/Roll, New England Baked Beans, Coleslaw, Arctic Ice	1 Cheese Lasagna, Green Beans, Applesauce, Bread Stick	2 Soup: Italian Wedding Chix Breast Fillet, Whip Pot & Chives, Zucchini/Stew Tom, Apricots, MG Bread
7 Meatloaf/Gravy, Red Bliss Whip Pot, Carrots/Turnips, Peaches, Multigrain Brd	8 Veal Parm, Ziti/Sauce, Green/Gold Beans, Fresh Orange, Bread Stick	9 Soup: Beef Vegetable Baked Chix ¼, Whip Pot, Broccoli cuts, Butterscotch Pudding, Wh Wh Bread
14 Chix Brst Fillet/Tarragon Cream, Loaded Whip Pot, California Veggies, Sherbet, Snowflake Roll	15 NO LUNCH <div style="border: 1px solid black; padding: 2px; display: inline-block;">Byfield Parish Luncheon</div>	16 Soup: Tomato Rice Chicken Fajitas/Tortilla, Green/Gold Beans, LS Potato Chips, Pineapple Cup
21 Apricot Glazed Chix, Whip Pot, Tuscany Veggies, Peaches, Lt. Rye Bread	22 Salisbury Steak, Garlic Whip Pot, Mixed Veggies, Apricots, Multigrain Bread	23 Soup: Chicken Vegetable American Chop Suey, California Veggies, Tapioca Pudding, Italian Bread
28 LS Baked Ham/Raisin Sauce, Whip Sweet Pot, Peas/Mushrooms, Apricots, Oatmeal Bread	29 Lemon Pepper Chix, Roast Red Pot, Broccoli/Cauliflower, Fruit Cocktail, Wh Wh Bread	30 Soup: Beef Noodle Baked Salmon/Dill Sauce, White Rice, French Style Green Beans, Apple, Lt. Rye



MARCH VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 No Van–Brown Bag 9:30 Garden Club Craft Floral Lace Hat 11:30 Lunch 12:30 Strength Training	2 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch 3:30 Walking Club	3 9:30 Men's Breakfast 9:30 VAN: Walmart/Salem NH 11:00 Strength Training
7 9:00 SHINE 9:30 Dolls 10:00 Jen Cook, ESMV 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	8 9:30 VAN: Newburyport 11:30 Lunch 12:30 Strength Training	9 9:00 Yoga 11:30 Lunch 3:30 Walking Club	10 10:30 VAN: North Shore Mall 11:00 Strength Training
14 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	15 9:30 VAN: Plaistow, NH 10:00 Benefits of Massage 11:30 Byfield Parish Lunch 12:30 Strength Training	16 9:00 Yoga 11:30 St. Pat's/Birthday 3:30 Walking Club	17 10:30 VAN: Park Lunch/ Newburyport 11:00 Strength Training
21 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	22 9:30 VAN: Rowley 11:30 Lunch 12:00 Board Meeting 12:30 Strength Training	23 9:00 Yoga 11:30 Lunch 3:30 Walking Club	24 9:30 VAN: Kittery, ME 11:00 Strength Training
28 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	29 9:30 VAN: Seabrook, NH 11:30 Lunch 12:30 Strength Training	30 9:00 Yoga 10:00 Eye Health/Dr. Potvin 11:30 Lunch 3:30 Walking Club	31 10:30 VAN: Holy Grail & Epping, NH 11:00 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.