



A FEW GRAY HAIRS



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

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Website: www.georgetownma.gov



Director's Notes... As true Irish descendents, the potato has always held a special place in my family's meal plans. Whether baked, mashed, scalloped or added to stew, we have never met a potato that we didn't like. When I married my husband, I was amazed to learn that some families preferred pasta or rice to potatoes. After I found several boxes of instant potatoes in his kitchen, I made it my mission to make him a potato convert at least for a few dinners per week. Appearing as herbed mashed potatoes, scalloped with layers of onions and white sauce or sometimes wrapped in foil and tossed in the coals of a campfire, potatoes became serious competition for his favorite vermicelli. Imagine his delight and my chagrin when two of our three daughters inherited the pasta loving gene and only barely tolerated potatoes. Cut-up pieces of rigatoni made fun finger food while mashed potatoes usually ended up cemented into the corner of a high chair tray. Pasta resumed its prominent role in our family's menu planning. But no matter the starch offering, meals shared together provide us all with a time to connect and feed both body and soul. Join us for a weekday lunch, a special occasion meal or just to share a cup of coffee and morning snack. Good food and company will fill and nurture you and I promise to restrain myself from serving seasonally colored mashed potatoes.



Georgetown/Merrimac Councils on Aging Receive New Van

Arriving just in time for the holidays, the Georgetown and Merrimac Councils on Aging received a new 8-11 passenger van in December that will be shared by both towns as part of a regional transportation plan. Funded with a grant from the state Department of Transportation's Mobility Assistance Program, the new van provides a vital link to needed services for elders and disabled individuals in Georgetown and Merrimac, supporting independence and the goal of aging in place.



New COA Van

COA staff
Dave Hall,
Colleen Ranshaw-
Fiorello
Kirsten Klueber
& Julie Pasquale
with the COA's
new van.

Don't Forget to Vote!

Presidential Primary scheduled March 6

Polls will be open for the Presidential Primary on **Tuesday March 6, 7 a.m.-8 p.m. at the Penn Brook School**. Precinct information including an alphabetized street listing will be available at the polls as voters enter the school's gymnasium. Poll workers will also provide voters with assistance if needed. **The COA will provide van transportation to the polls from 1-2 P.M.** Contact the COA at (978)352-5726 for more information or if you will need a ride.

COA activities at the First Cong. Church will be cancelled April 2-4, 2012 due to church Easter preparations.

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 2012

Shopping Date	Location	Recreation Date	Location
		Mar. 1 9:30	Super WalMart/Salem, NH
Mar. 6	NO VAN – Brown Bag Only	Mar. 8 10:30	Seabrook, NH
Mar. 13 9:30	Rowley	Mar. 15 10:30	Plaistow, NH
Mar. 20 9:30	Newburyport	Mar. 22 10:30	Target/Mann's Orchard/Methuen, MA
Mar. 27 9:30	Haverhill	Mar. 29 10:30	Park Lunch/Downtown Newburyport

DIABETES SELF-MANAGEMENT PROGRAM: Tues. March 6, 13, 20 & 27, 9-11:30 A.M. at the First Congregational Church. These are the final 4 workshops in the series. Contact COA for more information at 978-352-5726.

TAX PREP ASSISTANCE: LIMITED APPOINTMENTS AVAILABLE Thursday Mornings through April 12.

Appointments are required. To schedule an appointment, call the COA office at 978-352-5726. Details on pg. 6.

MEN'S BREAKFAST: Discussing **health and wellness**, **Dr. Dan Tollman**, a Hospitalist with the Merrimack Valley Hospital in Haverhill, will be the guest speaker at the Men's Breakfast **Thursday March 1, 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. For reservations, please call (978) 352-5726.

CHANGE IN SHINE OFFICE HOURS: There will be **NO SHINE** office hours in **March or April**. Call the office for assistance or further information. (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., March 5 10:00 – 11 a.m.** **APPOINTMENTS MUST BE SCHEDULED THROUGH THE COA OFFICE.** To schedule an appointment, call (978) 352-5726.

VISITING NURSE: **Wed., March 7, 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. To accommodate the First Congregational Church's Easter preparations, the **April Blood Pressure Clinic** has been rescheduled for **Tuesday April 10, 10 a.m.** at the First Congregational Church.



GARDEN CLUB CRAFT: Join us on **Wednesday March 7 at 10 a.m.** for a special **Bird House Craft**. **RSVP ASAP.**



SAVE THE DATE: **Annual Garden Club Tea** will be held **April 11 from 1-3 p.m.** **RSVP by 4/4/12.** Garden Club activities are always free, but space is limited. It is extremely helpful for planning if you would sign-up a week in advance.

"WHOLE GRAINS: BENEFITS TO YOU": **Pauline Provencher**, Merrimack Valley Nutrition Project, will do a presentation on **Whole Grains** on **Tues. March 13, 10 am** at the First Congregational Church. See page 3 for details.

ST. PATRICK'S DAY/MARCH BIRTHDAY PARTY: Join us on **Wed. March 14 at 11:00 a.m.** at the First Congregational Church to send best wishes to our friends who were born in March. See page 3 for details.

BYFIELD PARISH LUNCHEON RESUMES: **Tuesday, March 20, 11:30 a.m.** Call the church if you plan to attend. 978-352-2022.

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!

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	10:45 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: GHA (978) 352-6331	
2	29	45	50	72

"WHOLE GRAINS: BENEFITS TO YOU"

A program on the benefits of whole grains presented by

Pauline Provencher
Merrimack Valley Nutrition Project
Tues. March 13, 10 am
First Congregational Church



Topics:

- ★ Compare Whole Grains vs. Refined Grains
- ★ Identify the difference in food products
- ★ Health benefits to you

To assist with planning, please contact the COA at 978-352-5726.

AARP Tax Prep Assistance Available

Open to: Elders & other moderate-income individuals

When: Thursday Mornings through April 12
Limited appointments are available.

Where: Council on Aging Office - 1 Library St.

To schedule an appointment, call the COA office at 978-352-5726.

Please bring with you:

- ★ Copies of 2011 Federal & State tax returns
- ★ Anything received in the mail marked "Important Tax Return Document Enclosed"
- ★ 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 credit program is also available at the Council on Aging office. For information, call the COA at 978-352-5726.



Happy St. Patrick's Day!
Happy Birthday!

Join us for a fun celebration on:
Wed. March 14, 11:00 a.m.
First Congregational Church

- ♣ Leprechaun Inspired Appetizers
- ♣ Birthday celebrants will receive a free lunch (everyone else is \$2).
- ♣ Lunch reservations are required.

RSVP before 3/7/12. Call 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.

Friends of the COA Pasta Dinner Planned

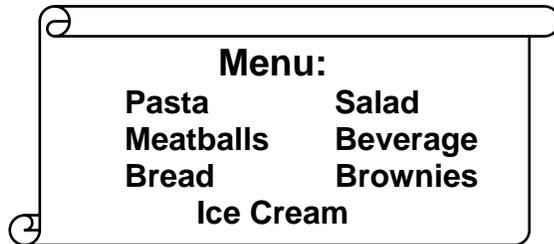


Saturday, March 24

4:30-7 p.m.

**First Congregational Church
7 Andover Street ~ Georgetown**

**Tickets: Adults, \$8; Seniors/Children, \$7;
Children under 5 years, Free**



Friends next meeting date: Mon. March 19, 3 p.m. at the Georgetown Peabody Library. Newcomers are very welcome to attend.

Fall Prevention Tips

According to the Massachusetts Department of Public Health (DPH), falls are the leading cause of unintentional injury for men & women 65 years & older in Massachusetts. Risk factors often include increasing age, loss of strength, poor balance, impaired vision, multiple medications & illness. However, many falls can be prevented by making changes at home or by adding an exercise program & by maintaining regular health screenings with a health care provider.

To help prevent falls, the DPH recommends:

- Regular exercise to build strength & improve balance & coordination. Join us for a Yoga or Strength Training Class!
- Keep stairs & walkways clear of clutter & cords.
- Make sure stairways are well lit from both top & bottom.
- Use throw rugs with non-skid backing.
- Use non-slip mats in the tub/shower. Install grab bars in the tub & near the toilet.
- Wear sturdy, low-heeled shoes with non-slip soles.
- Take your time!
- Take your medicine as prescribed.
- Make a list of all medications that you take & share it with your health care provider. Call the COA for the File of Life, a handy organizer for medication information.
- See an eye specialist once a year.
- Install a night light between the bedroom & bathroom.

Changes to SSI Program planned April 1

To save approximately \$15 million, the state will issue Massachusetts' portion of the supplemental portion of the SSI program directly to recipients. Previously, the SSI State Supplement Program payments were mailed by the federal Social Security Administration (SSA). Recipients will now receive two checks either delivered in the mail or directly deposited into their back accounts. Payments will be sent at the same time and by the same method they are issued by the SSA. Letters regarding the transition will be mailed to recipients. For further information, call the Massachusetts SSI State Supplement Program Customer Service Call Center at 877-863-1128.



W. Newbury COA to Offer AARP Driver Safety Course

The West Newbury COA will offer an **AARP Driver Safety Course Tuesday March 27, 10 a.m.-3 p.m. at the COA office located at West Newbury Town Hall, 381 Main Street (Rte 113) in West Newbury.** The course will include current rules of the road, defensive driving techniques and adjustments to accommodate common age-related changes in vision, hearing and reaction time. Cost is \$6 for AARP members and \$7 for non-members. Light refreshments will be served. Bring a lunch. To register, call the West Newbury COA at 978-363-1104. Payment is due Wed. March 15.



Beware of Telephone Credit Card Scam

The Massachusetts Office of Consumer Affairs & Business Regulation warns consumers about a telephone credit card scam. Callers claim to be fraud investigation agents with your credit card company. Saying that they have your bank name, credit card number and address, they ask for the three-digit security code located on your credit card. They often say that the card has been flagged for unusual purchase patterns and ask to verify your information. To verify that you are in possession of your credit card they ask for your security code. Do not give the code, or personal information, over the telephone unless you have initiated the call. Tell the caller that you will contact your credit company for verification. Credit card companies do not need to ask for credit card information because they issued the card. Call credit card companies directly if you have a question. If you receive a fraudulent call, report the call to your local police department where additional help is available. For further information visit www.mass.gov/consumer The Office of Consumer Affairs & Business Regulation Hotline phone number is 617-973-8787.

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

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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 27, 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.

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 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>
5 Hamburger/Roll, Home Fired Pot, Corn, Fresh Apple	6 Veal Parmesan, Ziti/Marinara, Green & Gold Beans, Pineapple, Italian Bread	7 Soup: Fish Chowder Chix Breast Fillet, Whip Pot, Broccoli, Butterscotch Pudding, Wh Wh Bread
12 Cranberry Juice, Grill Chix Alfredo/ Broccoli/Ziti, Ice Cream, Wh Wh Roll	13 Meatballs/Marinara/Sub Roll, Corn, Haystack Pot, Pears	14 Soup: Beef Rice Chix Fajitas, LF Sour Cream, Green/Gold Beans, LS Chips, Orange, Tortilla
19 LS Hot Dog/Roll, NE Baked Beans, Coleslaw, Pears	20 Apple Juice, Beef Stew, Tapioca Pudding, Buttermilk Biscuit	21 Soup: Leek Fishwich Sandwich, Green Beans & Tomato, Orange, Wh Wh Bread
26 LS Ham w/raisin sauce, Whip Sw. Pot., Peas & Mushrooms, Chocolate/Diet Pudding, Oatmeal Bread.	27 Salisbury Steak, Garlic Whip Pot, Mixed Veg, Pears, Multigrain Bread.	28 Soup: Tomato Floretine Lemon pepper Chix, Roast Red Pot, Broccoli & Cauliflower, Sherbet, Muffin



MARCH VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
			1 AARP Tax Assist (by appt) 9:30 Men's Breakfast 9:30 VAN: Walmart/Salem NH 10:45 Strength Training
5 NO SHINE this month 9:30 Dolls 10:00 Jen Cook, ESMVappts. 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	6 No Van-Brown Bag 9:00 Diabetes Mngt Wkshp 11:30 Lunch 12:30 Strength Training	7 9:00 Yoga 10:00 Visiting Nurse 10:00 Bird House Craft 11:30 Lunch 3:30 Walking Club	8 AARP Tax Assist (by appt) 10:30 VAN: Seabrook, NH 10:45 Strength Training
12 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	13 9:30 VAN: Rowley 9:00 Diabetes Mngt Wkshp 10:00 Whole Grain Benefits 11:30 Lunch 12:30 Strength Training	14 9:00 Yoga 11:30 St. Pat's/Birthday Lunch 3:30 Walking Club	15 AARP Tax Assist (by appt) 10:30 VAN: Plaistow, NH 10:45 Strength Training
19 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:00 COA Friends Mtg/Library 3:30 Walking Club	20 9:30 VAN: Newburyport 9:00 Diabetes Mngmt Wkshp 11:30 Byfield Lunch 12:30 Strength Training	21 9:00 Yoga 11:30 Lunch 3:30 Walking Club	22 AARP Tax Assist (by appt) 10:30 VAN: Target&Mann's Orchard/Methuen 10:45 Strength Training
26 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	27 9:30 VAN: Haverhill 9:00 Diabetes Mngmt Wkshp 11:30 Lunch 12:00 COA Board Meeting 12:30 Strength Training	28 9:00 Yoga 11:30 Lunch 3:30 Walking Club	29 AARP Tax Assist (by appt) 10:30 VAN: Park Lunch & Downtown Newburyport 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.