



A FEW GRAY HAIRS

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

Vol. 12/Iss. 10

April 2011

Website: www.georgetownma.gov

Director's Notes... Established by President Richard Nixon in 1974, April's National Volunteer Week provides an opportunity to recognize the positive impact millions of Americans have on their local communities as well as on the nation. The national observance was planned, as a recommitment to creating a culture of service in America that has long been the backbone of our country. In Georgetown, the culture of service has long been evident and remains as an inspiration to others. Dating back to 1970, the Council on Aging (COA) has an extensive history of volunteerism. This past year, 182 volunteers were instrumental in supporting the COA in providing services to the 1,544 elders who live in our town. During the past year, volunteers were on hand to help serve 1,108 lunches at the meal site. Our SHINE Counselor worked with more than 40 people on health insurance issues while our tax preparer assisted 64 people with their income tax preparations. Eight volunteer drivers drove local elders to 130 medical appointments and a group of quick-handed volunteers cheerfully collated, folded and labeled 12,000 newsletters. Committed to working in partnership with the COA, volunteers with the Friends of the COA reestablished their group as a non-profit organization. Volunteers also served as board members, program assistants, and offered office support as well as help during special events. Working more than 3,000 hours, COA volunteers provided a value of \$49,700 in donated services to the Town. The COA is deeply grateful for the care and support offered by so many volunteers as we work in partnership to serve elders and their families in our community.

.....News from Medicare.....

New Guide to Medicare's Preventive Services

Including information on both wellness and additional preventive services now covered by Medicare, *Your Guide to Medicare's Preventive Services* is available at www.medicare.gov. The booklet includes information on the yearly wellness exam, a Preventive Services Checklist as well as additional health screenings now covered by Medicare. Copies of the booklet are also available at the COA office. For more information, call (978) 352-5726.

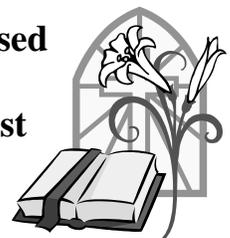
Medicare Part D "donut hole" to close in 2020

The federal Patient Protection and Affordable Care Act (often known as Health Care Reform) provides for the gradual closure of the Medicare Part D "donut hole." The donut hole will not fully close until 2020. This year, when Medicare beneficiaries (who do not receive Extra Help) reach the donut hole, their Part D plan will pay 50% of covered brand name drugs and 7% of covered generic drugs. The beneficiary's cost will be the remaining 50% (brand name) or 93% (generic). If you take a brand name drug that costs \$300, you will still have to pay \$150. This is where Prescription Advantage can help. Prescription Advantage, the Massachusetts prescription drug assistance program, can help reduce your out-of-pocket costs even further when you reach the donut hole. To find out how to lower your drug costs, call Prescription Advantage at 1-800-243-4636 or TTY for the deaf and hard of hearing at 1-977-610-0241. The COA SHINE Counselor can also provide information on Prescription Advantage. For further information, call the COA office at (978) 352-5726.



The Council on Aging Office will be closed on Monday, April 18 for Patriot's Day.

The Senior Center (only) will be closed from Monday, April 18 through Wednesday, April 20 so that the First Congregational Church can make Easter Week Preparations.



April Activities

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

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



APRIL VAN SCHEDULE 2011

Shopping Date	Location	Recreation Date	Location
April 5 th	NO VAN – Brown Bag Only	April 7 th 9:30	Super WalMart/Salem, NH
April 12 th 9:30	Newburyport	April 14 th 10:30	North Shore Mall
April 19 th 9:30	Plaistow, NH	April 21 st 10:30	Tannery/Starboard Galley, NBPT
April 26 th 9:30	Rowley	April 28 th 10:30	Seabrook, NH

ESMV CASE MANAGER: **ESMV Case Manager Jennifer Cook** will hold office hours at the Senior Center on **Mon. April 4, 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., April 4, 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.

MEMORY PROGRAM PLANNED: 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. Refreshments will be served. For further information, call the COA at (978) 352-5726.

VISITING NURSE: **Wed., April 6, 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: Welcome back **Dr. Dan Tollman**, a local Hospitalist at Merrimack Valley Hospital, as he discusses **men’s health issues** at the **Men’s Breakfast** scheduled **Thursday April 7, 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.

STRESS MANAGEMENT PROGRAM: Join us on **Tuesday April 12, 10 a.m.** when crisis counseling team members from **Riverside Community Care** will present a program on **Stress Management** at the First Congregational Church. As part of the initiative through the **MassSupport Network**, Riverside Community Care is one of the three organizations funded by the state to assist with coping skills, stress management and to provide education for individuals, families and groups most affected by the three storms and subsequent flooding in March 2010. Resources, support, guidance, stress management, coping skills and emergency preparedness information is available by calling (781) 433-0672, ext. 5637 or emailing MassSupport@riversidecc.org. To assist with planning, please call COA @ 978-352-5726.

GARDEN CLUB ANNUAL TEA: One of the most anticipated events of the year. Join us on **Tuesday April 12, 1-3 p.m.** at the First Congregational Church. Delicious food... Beautiful tablescapes... Step back in time to a quieter, gentler afternoon. **RSVP by April 5** by calling 978-352-5726.

COMMUNITY SAFETY FORUM: Join us for a special **TRIAD** program **Thursday April 21, 10 a.m. at Trestle Way.** See page 3 for details.

APRIL BIRTHDAY PARTY: Join us on **Tuesday April 26 at 11 a.m.** to send best wishes to our friends who were born in April. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 4/19/11.** Call 978-352-5726.

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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.)

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



ATTENTION VETERANS!
Free Legal Advice available April 27

The Massachusetts Bar Association offers toll-free legal advice to veterans and families of veterans on **Wed. April 27, 5:30-7:30 p.m.** Dial-A-Lawyer is available at that time by calling (877) 686-0711 or the local number (617) 338-0610.

STRESS MANAGEMENT PROGRAM
Tuesday April 12, 10 a.m.

Presented by
**Riverside Community Care
Crisis Counseling Team**

- ★ Causes of Stress
- ★ Coping Skills
- ★ Resources



For further information, call the COA office at (978) 352-5726

Garden Club Annual Tea
Tuesday, April 12 ~ 1-3 p.m.
First Congregational Church

- ☒ Beautiful tablescapes
- ☒ Ladies in hats
- ☒ Delicious food



RSVP by April 5
by calling 978-352-5726.



Lost Your Keys? ...Can't Find the Right Word?
...Is it Alzheimer's Disease or Stress?

“When to Worry About Memory”

Presented by

Beth Desrochers of Northeast Health Systems
Tuesday April 5 ~ 10 a.m.
First Congregational Church

Don't miss this important information on

- Memory disorders
- Local resources

Refreshments will be served. For further information, call the COA at (978) 352-5726.



On the Calendar...

Annual Town Meeting:
Monday May 2, 7 p.m. GMHS
Annual Town Election: Monday May 9, 2011
8 a.m.-8 p.m. Penn Brook School

Project Bread offers SNAP/Food Stamp Application Assistance

As a result of the current economy, many elders continue to experience financial hardship that can make it difficult to purchase the food needed to remain healthy. Elders who live on a fixed income may be eligible for **SNAP/food stamp benefits**. To assist with the SNAP/food stamp application process, **Project Bread** offers a **FoodSource Hotline and over-the-phone SNAP application assistance service**. FoodSource Hotline counselors are available to provide food resource information as well as to complete the application over the phone and remain in contact with applications throughout the process. The FoodResource Hotline telephone number is 1-800-645-8333. The Hotline is available Monday-Friday 8 a.m.-7 p.m. and Saturday 10 a.m.-2 p.m. SNAP/Food Stamp applications, information on local food resources and assistance with application completion are also available at the COA office. For further information, call the COA office at (978) 352-5726.

TRIAD SPONSORS COMMUNITY SAFETY PRESENTATION

Thurs., April 21 ~ 10 A.M.
Trestle Way

The **Georgetown Police Department** will present important community safety information on:

- ★ evacuation
- ★ local shelters
- ★ crime prevention



TRIAD will provide participants with
★ **Free Grab & Go Bags** which contain essential items to have if residents are displaced from their homes during an emergency evacuation.

For further information, call the COA office at (978) 352-5726 or the Georgetown Housing Authority at (978) 352-6631.

Cold Versus Flu: How to Tell the Difference

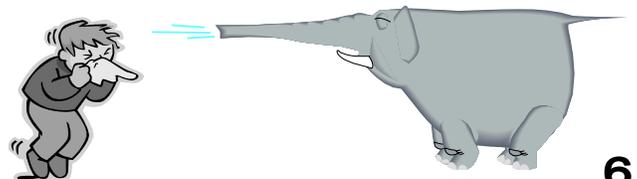
Runny nose, stuffy head, aches and pains – it's that time of year again when colds and flu viruses abound. Often presenting some similar symptoms, it is sometimes hard to know whether or not it is a cold or flu bug that has made you miserable. The Massachusetts Department of Public Health offers the following information to explain the differences and similarities between colds and flu.

Differences:

- **Colds:**
 - Symptoms are usually less severe than flu symptoms
 - Symptoms develop gradually over a few days
 - Fever is rare
 - You feel sick mostly in your head and nose
 - Body aches, headaches and pain are usually mild
 - You may or may not feel tired and weak
 - There is no vaccine to protect from a cold
 - There are no prescription medicines to treat colds
- **Flu:**
 - Symptoms are usually more severe than cold symptoms
 - Symptoms come on quickly and severely
 - Fever is almost always present
 - Your entire body feels sick
 - Body aches, headaches and pain are common and can be severe
 - Tiredness and weakness are common
 - You can get a vaccine to protect yourself
 - There are prescription medicines to treat the flu

Similarities:

- **Colds:**
 - Caused by a virus
 - Affects the nose, throat, windpipe and lungs
 - Usually goes away on its own
 - Contact your doctor if symptoms change or get worse
- **Flu:**
 - Caused by a virus
 - Affects the nose, throat, windpipe and lungs
 - Usually goes away on its own
 - Contact your doctor if symptoms change or get worse



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

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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 April 26, 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.

April 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>
4 LS Hot Dog/Roll, NE Baked Beans, Coleslaw, Peaches	5 Stuffed Shell/Marinara, Mixed Veg, Mandarin Oranges, Italian Bread	6 Soup Shepherd's Pie (Gr. Beef, Pot, Corn), Ice Cream, Wh Wh Bread
11 Veal Roulard/Gravy, Dirty Rice, Cauliflower/Red Peppers, Fruit Ice, Snowflake Roll	12 Pineapple Ginger Chix, Whip Sweet Pot, Tuscany Veg, Peaches, Multigrain Bread	13 Soup Potato Crunch Fish, Whip Pot/Chives, Carrot Coins, Apple, Oatmeal Bread
18	19	20
NO LUNCHESES THIS WEEK ~ CHURCH CLOSED FOR EASTER PREPARATIONS		
25 Baked Chix, Oriental Rice, Green Beans & Mushroom, Mandarin Oranges, Multigrain Bread	26 Broccoli/Cheese Fish, Whip Pot, Peas & Carrots, Peaches, Oatmeal Bread	27 Soup Cheese Lasagna/Marinara, Broccoli & Cauliflower, Fruit Ice, Bread Stick

Awake, thou wintry earth -
 Fling off thy sadness!
 Fair vernal flowers, laugh forth
 Your ancient gladness!
 ~Thomas Blackburn, "An Easter Hymn"

APRIL VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 9:00 SHINE 9:30 Dolls 10:00 Jen Cook, ESMV 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	5 No Van-Brown Bag 10:00 When to Worry/Memory 11:30 Lunch 12:30 Strength Training	6 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch 3:30 Walking Club	7 9:30 Men's Breakfast 9:30 VAN: Walmart/Salem NH 11:00 Strength Training
11 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	12 VAN: Newburyport 10:00 Stress Mngt Program 11:30 Lunch 12:30 Strength Training 1:00 Garden Club Tea	13 9:00 Yoga 11:30 Lunch 3:30 Walking Club	14 10:30 VAN: North Shore Mall 11:00 Strength Training
18	19 9:30 VAN: Plaistow, NH 12:30 Strength Training	20 9:00 Yoga 3:30 Walking Club	21 9:30 VAN: Tannery/Starboard Galley, Newburyport 10:00 TRIAD Program/TW 11:00 Strength Training
CLOSED: Patriots' Day	Senior Center Closed due to Church Easter Preparations		
25 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	26 9:30 VAN: Rowley 11:30 Birthday Lunch 12:00 COA Board Meeting 12:30 Strength Training	27 9:00 Yoga 11:30 Lunch 3:30 Walking Club	28 10:30 VAN: Seabrook, 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.