



A FEW GRAY HAIRS



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

Vol. 13/Iss. 10

April 2012

Website: www.georgetownma.gov

Director's Notes... Citing the value of volunteerism, well-known author and teacher Leo Buscaglia, Ph.D. said "Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment or the smallest act caring, all of which have the potential to turn life around." Deeply rooted in our nation's ethics, the idea of volunteerism is deeply rooted in our New England towns. From the construction of community and town buildings to volunteer fire departments to the town meeting form of government, volunteerism is at the core of our community values. The spirit of volunteerism that exists in Georgetown exemplifies Buscaglia's comments. The positive impact that volunteers have on the lives of local residents is deep and profound. During the past year, 173 volunteers with the Council on Aging (COA) provided the town with almost 2,500 hours of volunteer service. During the past year, more than 50 volunteers were on hand to pitch in with seasonal parties and monthly events. Nine volunteer drivers drove a total of 2,650 miles transporting elders to 212 out of town medical appointments. Our volunteer SHINE Counselor assisted 49 people with health insurance issues while our AARP Tax Aide prepared income tax returns for 58 people. Our 14-member newsletter committee spent 261 hours collating, folding and labeling more than 12,000 newsletters. Supporting the COA in its mission to serve the 1,546 elders and their families who live in our town, the 2,500 hours of volunteer service represents a value of \$52,125 in donated services to the Town. Our volunteers truly understand the value of even "the smallest act of caring" and the COA is humbled and grateful by all the acts of caring that you offer us and the individuals we serve together in our community.


COAs To Offer
Mental Health Wellness Program

As a local COA Consortia, the Georgetown, Merrimac, and West Newbury Councils on Aging have received a \$3,295 in Service Incentive Grant money from the Executive Office of Elder Affairs to fund a three-part **Mental and Cognitive Health project**. The money will be used to contract with a Licensed Mental Health Clinician/Licensed Clinical Social Worker (LIMHC/LICSW) to lead professional development programs and monthly support groups in each of the three towns. **Meeting on a monthly basis in each of the three towns, the support groups would be designed to address elder mental health issues including depression, loneliness, bereavement and loss, along with other mental health disorders.** Following the monthly support groups, the LIMHC/LICSW will be available to provide individual consultation to participants in need. **Dates and times of the program have yet to be scheduled but will be in place by April.** For further information, call the COA at 978-352-5726.


Drivers Needed
For Elder Medical Transportation

The Georgetown Council on Aging (COA) is seeking additional volunteer drivers to provide medical transportation to local elders. Through Northern Essex Elder Transport, Inc. (N.E.E.T.), the COA provides local elders with rides to medical appointments. Staffed by volunteer drivers, a donation of 43 cents per mile is suggested to help support the program and defray the increased cost of gasoline for volunteer drivers. However, donations are only suggested and no one will be denied a ride if unable to give a donation. A vital link in maintaining independence and healthy wellbeing for elders, the N.E.E.T. program fills the transportation void that often exists in rural communities. The program is a real and tangible way of making a difference in other people's lives. During a recent survey, one local client rated the program as an "A+ with stars". For information on becoming a volunteer driver, please call the COA office at (978) 352-5726.

COA activities at the First Cong. Church will be cancelled April 2-4, 2012 due to church Easter preparations also, the COA and all activities will be closed for Patriot's Day on April 16.

April Activities

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

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



A P R I L V A N S C H E D U L E 2 0 1 2

Shopping Date	Location	Recreation Date	Location
April 3	NO VAN – Brown Bag Only	April 5 9:30	Super WalMart/Salem, NH
April 10 9:30	Rowley	April 12 10:30	North Shore Mall/Peabody, MA
April 17 9:30	Newburyport	April 19 10:30	Plaistow, NH
April 24 9:30	Seabrook, NH	April 26 10:30	Super-Market Basket/Haverhill, MA

NO WALKING CLUB ON APRIL 16 OR 18 due to school vacation.

TAX PREP ASSISTANCE: LIMITED APPOINTMENTS AVAILABLE **Thursdays April 5 & 12.** **Appointments are required.** To schedule an appointment, call the COA office at (978) 352-5726. Details on pg. 6.

SHINE OFFICE HOURS CHANGED: There will be **NO SHINE** office hours in **April**. For assistance or further information, please call the COA office (978) 352-5726.

MEN'S BREAKFAST: Discussing **State of the Town**, **Selectmen Chairman David Surface** will be the guest speaker at the Men's Breakfast **Thursday April 5, 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.

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., April 9 10:00 – 11 a.m.** **APPOINTMENTS MUST BE SCHEDULED THROUGH THE COA OFFICE.** To schedule an appointment, call (978) 352-5726.

VISITING NURSE DATE CHANGE: 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. **Public Health Nurse Pam Lara** will be available to provide blood pressure checks, heart assessments, & medication information & to discuss any medical concerns seniors have. **May Blood Pressure Clinic returns to Wednesday May 2 10-11 a.m.** 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.

ANNUAL GARDEN CLUB TEA: **Wednesday April 11 from 1-3 p.m.** at the First Congregational Church. **Seats are limited.** **RSVP by 4/4/12.** See page 3 for details.

BYFIELD PARISH LUNCHEON: **Tuesday, April 17, 11:30 a.m.** If you plan to attend, please call the church at (978) 352-2022.

APRIL BIRTHDAY PARTY: Join us on **Tuesday, April 24 at 11:30 a.m.** at the First Congregational Church 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 4/17/12.** To make reservations, please call the COA office at (978) 352-5726.

MOTHER'S DAY BREAKFAST TEA: Come celebrate Mother's Day with us as we hold a special **Mother's Day Breakfast Tea Tuesday May 8, 9:30 a.m.** at the First Congregational Church. See page 3 for details.

"A LEGAL CHECK-UP": Discussing a wide range of legal issues that affect the lives of elders, **Elder Attorney Margot Birke** will present **"Taking Control of Your Future: A Legal Checkup"** on **Wednesday May 9, 10 a.m.** at the First Congregational Church. Questions submitted to the COA office in advance will be included as topics of discussion. Refreshments will be served. For further information or to submit a question, please contact the COA at (978) 352-5726. See page 3 for 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!

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

Mark Your Calendars! Coming in May!



Mother's Day Breakfast Tea

Tuesday May 8, 9:30 a.m.

First Congregational Church.

Come, celebrate Mother's Day with us!

- ◇ Reminisce with stories and photos
- ◇ Variety of breads & goodies, coffee and tea.
- ◇ A special gift for everyone.

To make reservations, please call the COA at (978) 352-5726.

Garden Club Annual Tea Wednesday, April 11 ~ 1-3 p.m.

First Congregational Church

- ☞ Beautiful tablescapes
- ☞ Ladies in hats
- ☞ Delicious food
- ☞ Free

Seating is limited
RSVP by April 4
by calling 978-352-5726.



Life Transition Group to Start in April

- Offered by COA April - June
- Led by a LIMHC or LICSW
- Share & Find Support for many of Life's Transitions: Depression, Loss, Loneliness, Retirement Changes

3 For more information, call COA @ 978-352-5726

"Taking Control of Your Future: A Legal Checkup"

Presented by



Elder Attorney Margot Birke

Wednesday May 9 ~ 10 a.m.

First Congregational Church.

Topics of discussion:

- A wide range of legal issues affecting elders' lives
- Your Questions Answered (submitted to the COA office in advance will insure inclusion in discussion.)
- Refreshments will be served.

For further information or to submit a question, please contact the COA at (978) 352-5726.

Annual Town Meeting
Mon. May 7 ~ 7 p.m. ~ GMHS

Annual Town Election
Mon. May 14 ~ 7 a.m.-8 p.m.
Penn Brook School

Avoiding Scams: Tips for Elders

No matter the season, scam artists are always at work on new ways to deceive and take advantage of people. The state Executive Office of Elder Affairs offers the following tips as ways to protect you from people who are less than honest.

- Never give out personal information over the telephone such as Social Security Number, date-of-birth, credit card number, bank account number or Medicare number, if you have not initiated the call.
- Do not give out personal information in person, (many scam artists target the elderly at home by going door-to-door), if you have not scheduled an appointment with the caller.
- Only provide personal information over the telephone if you have initiated the call to make a purchase or a charitable donation.
- Never give in to pressure tactics from a caller. A legitimate business or charitable organization will not pressure you into making a purchase or giving a donation.
- Remember, if you feel pressured or suspicious of the caller, you can always hang up!
- Remember, you can request the caller to give you their telephone number and you can make the call yourself *before* giving out personal information. A tactic of the Drug Discount Card Scam is to give the elder person a telephone number that is disconnected.

Elders who encounter benefits related scams should report their suspicions to the Executive Office of Elder Affairs by calling 1-800-243-4636 and pressing 3; their local police; the MA Attorney General's office, and to Prescription Advantage at 1-800-AGE-INFO. Medicare related scams should be reported to Medicare at 1-800-MEDICARE.

We Need Your Help!

Bingo callers: We are still looking for a few people to call Bingo. If you have an hour to spare approximately 1-2x/month, we can use you.

Small bath seats: Due to an increase in equipment loans, we have a need for several small bath seats. They should be clean and in good condition.

If you can help or would like more information, contact the COA at 978-352-5726.

"And Spring arose on the garden fair,
Like the Spirit of Love felt everywhere;
And each flower and herb on Earth's dark breast rose
from the dreams of its wintry rest."

- Percy Bysshe Shelley, *The Sensitive Plant*

Free Tax Return Preparation Assistance & Circuit Breaker Tax Credit Information Available

As the deadline to file Federal and state income tax returns quickly approaches, some free income tax assistance is still available. The IRS Volunteer Income Tax Assistance (VITA) offers assistance to individuals who make \$50,000 or less per year. VITA sites are generally located at community and neighborhood centers. The Tax Counseling for the Elderly (TCE) Program also offer free tax help with priority assistance for elders. To find a local VITA site, call 1-800-906-9887. To find information about an AARP Tax Aide site or the TCE Program, call 1-888-227-7669. The deadline to file taxes is also the opportunity to file for the Massachusetts Circuit Breaker Tax Credit. The 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 funded 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. For more information on the Massachusetts Circuit Breaker Tax Credit, call the COA at 978-352-5726.



I.C.E. Your Phone

At last month's TRIAD ice cream social, volunteers were on hand to assist people in "ICE-ing" their cell phones. The steps to ICE your cell phone can also be done at home – or at the COA office! An acronym for In Case of Emergency, I.C.E. is a campaign to encourage cell phone users to enter their emergency contact information into their cell phones so that it is easily available to emergency responders when necessary.

To I.C.E. Your Phone:

1. Type the acronym ICE into your cell phone followed by the first name of your emergency contact.
2. Enter and save their phone number, and tell that person that they are your I.C.E. contact
3. Apply a sticker noting I.C.E. to the back of your cell phone. The sticker is a visual alert that you have an emergency contact listed in your phone.
4. Provide your emergency contact with a list of people that you want notified in case of emergency.
5. Provide your emergency contact with information regarding medical conditions that could affect your emergency treatment (ex. allergies).

For information or assistance with ICE-ing your cell phone, call the COA at (978) 352-5726.

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
@ 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 24, 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.

April 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>
2 NO LUNCH	3 NO LUNCH	4 NO LUNCH
COA activities at the First Cong. Church will be cancelled April 2-4, 2012 due to church Easter preparations.		
9 Tangerine Chix, Rice, Green Beans, Arctic Ice, Dried Mix Fruit, Roll	10 Meatballs/Ziti/Marinara, Tuscany Blend Veg, Pears, Multigrain Bread	11 Soup: Cream of Broccoli Broccoli/Egg/Cheese Bake, Green Beans & Tomatoes, Banana, LF Muffin
16 No Lunch: Closed for Patriot's Day	17 Byfield Parish Lunch	18 Soup: Beef Vegetable Chix Breast Fillet, Dirty Rice, Broccoli & Cauliflower
23 Teriyaki Chix Breast, Oriental Rice, Green Beans, Orange, Multigrain Bread	24 Fishwich/Bun, Pot Wedges, Veg Medley, Pears	25 Soup: Chicken Rice Cheese Lasagna/Marinara, Broccoli & Cauliflower, Cutie Pie, Bread Stick
30 Meatloaf/Gravy, Loaded Whip Pot, Peas/Carrots, Pears, Wh Wh Bread	May 1 Rosemary Chix ¼, Scallop Pot, California Veg, Jello, Multigrain Bread	May 2 Soup: TBA Sausage/Peppers/Onions/Sub Roll, Haystack Pot, Mixed Veg, Banana

Memorable April Fool's Day Pranks: One year in New Zealand, the Prime Minister went [the] radio & announced that there would be a ban on cell phones throughout the entire country.

In 1997, Pat Sajak and Alex Trebek switched hosting roles. Pat hosted Jeopardy and Alex hosted Wheel of Fortune.

In 1998 Burger King ran an ad ..., saying people could now order left-handed Whoppers. ...People actually ordered the new burgers [while] some ... requested the old right handed version.



APRIL VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 10:30 Yoga 3:30 Walking Club	3 No Van-Brown Bag 12:30 Strength Training	4 9:00 Yoga 3:30 Walking Club	5 AARP Tax Assist (by appt) 9:30 Men's Breakfast 9:30 VAN: Walmart/Salem NH 10:45 Strength Training
COA activities at the First Cong. Church will be cancelled April 2-4, 2012 due to church Easter preparations.			
9 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	10 9:30 VAN: Rowley 10:00 Visiting Nurse (NOTE DATE CHANGE) 11:30 Lunch 12:30 Strength Training	11 9:00 Yoga 11:30 Lunch 1-3 PM Annual GC Tea 3:30 Walking Club	12 AARP Tax Assist (by appt) 10:30 VAN: North Shore Mall 10:45 Strength Training
16 Closed for Patriot's Day	17 9:30 VAN: Newburyport 11:30 Byfield Lunch 12:30 Strength Training	18 9:00 Yoga 11:30 Lunch NO Walking Club	19 10:30 VAN: Plaistow, NH 10:45 Strength Training
23 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	24 9:30 VAN: Seabrook, NH 11:30 Birthday Lunch 12:00 COA Board Meeting 12:30 Strength Training	25 9:00 Yoga 11:30 Lunch 3:30 Walking Club	26 10:30 VAN: Super-Market Basket/Haverhill 10:45 Strength Training
30 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30 Walking Club	5/1 No Van-Brown Bag 11:30 Lunch 12:30 Strength Training	5/2 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch 3:30 Walking Club	5/3 9:30 VAN: Walmart/Salem NH 9:30 Men's Breakfast 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.